

Easy Food

Christmas annual



BONUS
52 DIABETIC-
FRIENDLY
RECIPES

107
INSPIRING
RECIPES



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welcome



We absolutely love Christmas time in Easy Food. It's a time of preparation, menu-planning, decorating, list writing, shopping, cooking, baking, eating, drinking, maybe some more shopping, and generally a fun time with lots of friends and family around!

So let's get ready together with our countdown to Christmas p.15. We've created a scrapbook of ideas including decorations and table settings, and on p.22 you'll find some great make-ahead meals that are freezer-friendly, so you can have a meal ready at a moment's notice when you have extra mouths to feed.

It's a time to spend a winter evening with your family cosying up in front of the fire, munching on some homemade treats, watching a festive film. See p.52 for our delicious sweet and savoury pastries that are as great cold as they are straight out of the oven.

It's also a time to have friends around to your home for drinks and nibbles and catch up on everyone's holiday plans. For all of our festive entertaining tips and recipes for cocktails, party food and more, go to p.27.

Don't worry! When the big day comes you'll have a mouth-watering feast to enjoy as we've created a pick and mix menu p.71 for Christmas Day to satisfy all tastebuds and tummies that is virtually hassle-free.

Living with a food allergy can mean Christmas can be trickier to enjoy your favourite traditional foods. But we've got lots of allergy-friendly recipes throughout the magazine to ensure you don't miss out! Take a look at our recipe index p.6 to see which recipes are gluten-free, dairy-free, diabetic-friendly and more.

For people who are conscious of eating heart-healthy, low-cholesterol, or low-fat food, we've included recipe ideas for a healthier yuletide.

And, of course, there will come a time very soon, to write a list, leave out cookies, and be excited for a visit from Santa Claus. See p.114 for homemade cookies that he will not be able to resist!

We would like to wish you all a very Merry Christmas!

Enjoy,

The Easy Food team

THE NEXT ISSUE...

Easy Food January/February is on sale December 16th!

HOW TO CONTACT US

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Per Serving 312kcal, 7.1g fat (3.9g saturated), 57g carbs, 37.9g sugars, 5.9g protein, 0.7g fibre, 0.07g sodium



Readers!

Please take note that the nutritional information that appears underneath each recipe is only for one serving. The key for the buttons is in our recipe index on page 98.

All Euro/GBP prices are converted at the time of going to print. Prices may vary.

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Meet the Taste Team...



Caroline Lavelle Ryder

is from Westport in Co.Mayo. She has a degree in Culinary Arts and loves cooking. She says, "I work in a four star hotel in Westport and also teach cookery classes. I am a mum to two little boys, Evan and Conan, and am enjoying maternity leave at the moment, which gives me time to do some home baking with Evan. I love to cook Mediterranean, Indian and Italian recipes, not forgetting some fabulous seafood dishes using fresh local produce from the West of Ireland. My guilty pleasure has to be chocolate fudge cake!"



Olivia Floyd


"I love cooking, especially savoury dishes. I like curries and tarts, and spicy food is my absolute favourite! I'm at my happiest when I'm in the kitchen cooking, with music on, wine poured and a dinner party planned for friends and family. I lived in France for a while so I have a few French favourites, along with some more traditional dishes."





Sinead Gavin


lives in Mount Temple with her husband John and their daughter Chloe who is twelve. She says, "Baking and decorating cakes is my favourite pastime and I love nothing more than to experiment with different types of cooking. I'm always looking for something new and different to make, and I love making Thai, Lebanese, Chinese and Indian food as well as the traditional roasts and everyday dishes."


RECIPE INDEX


 Budget-Friendly


 Freezable


 Kid-Friendly

 Dairy-Free




















 Vegetarian









































































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Cover Recipe

Chocolate and pear meringue roulade

Serves 8

5 egg whites, at room temperature
225g caster sugar
½ tsp white wine vinegar
1 tsp cornflour
½ tsp vanilla extract
30g cocoa powder, sifted
Icing sugar, for dusting
250ml double cream, whipped
3 pears, peeled, cored, and diced

To serve:

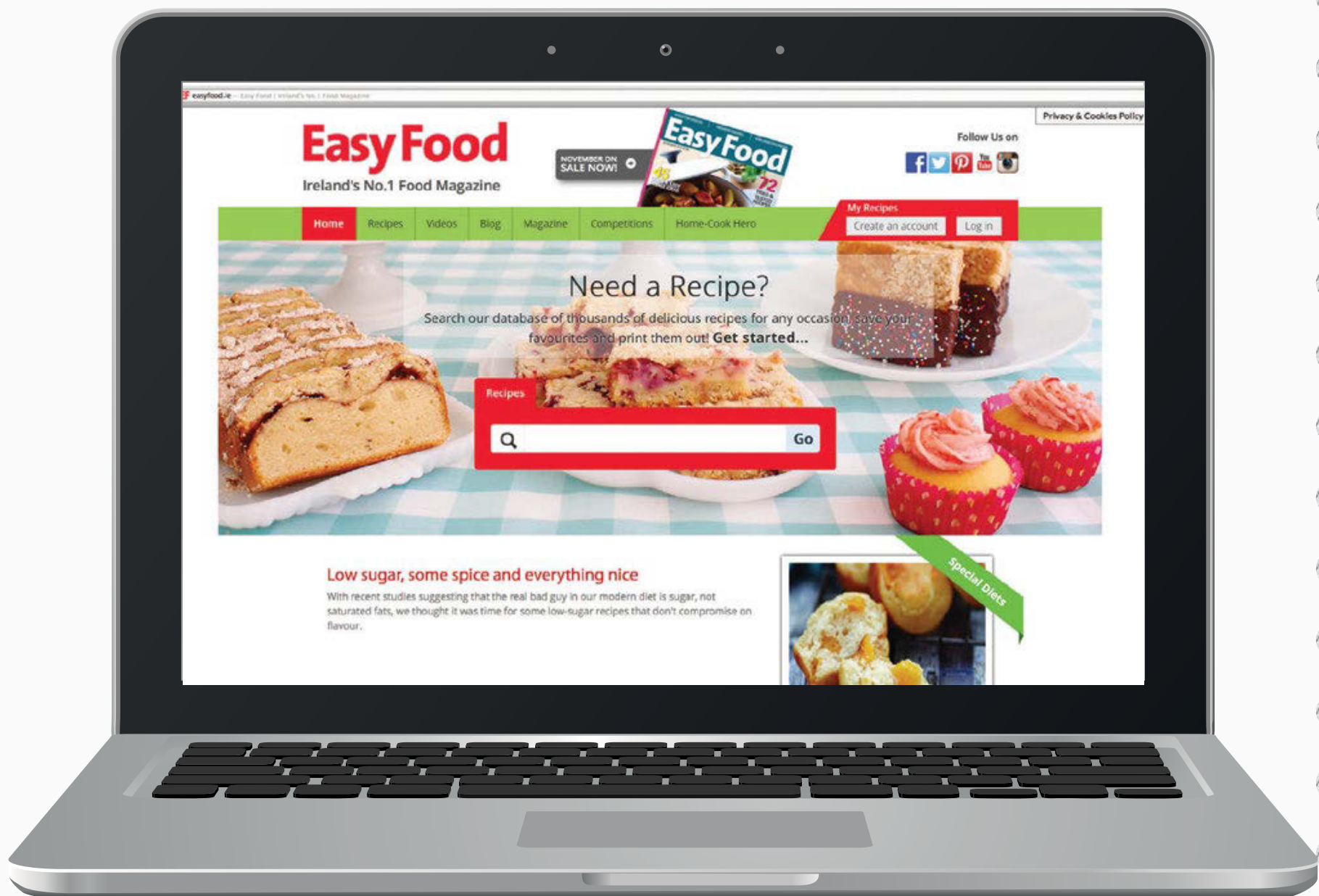
Icing sugar
Redcurrants

- 1** Preheat the oven to 180°C/160°C fan/gas mark 4. Line a Swiss roll tin with baking parchment.
- 2** Beat the egg whites with an electric whisk until stiff peaks form. Continuing to whisk, add the caster sugar, a little at a time. Gently fold in the vinegar, cornflour, vanilla extract, and cocoa powder.
- 3** Pour the mixture into the tin, smooth the surface, and bake in the centre of the oven for 15 minutes. Remove from the oven and allow to cool.
- 4** Dust a second piece of baking parchment with icing sugar and carefully turn the meringue out of the tin onto the parchment.
- 5** Use a palette knife to spread the cream evenly over the meringue. Scatter the pieces of pear over the cream.
- 6** Carefully roll the meringue up around the cream filling. Place seam-side down on a serving plate, cover, and chill for at least four hours before serving. Sift over icing sugar and decorate with redcurrants to serve.

Per Serving 292kcal, 12.4g fat (7.6g saturated), 46.6g carbs, 39g sugars, 3.9g protein, 3.6g fibre, 0.048g sodium



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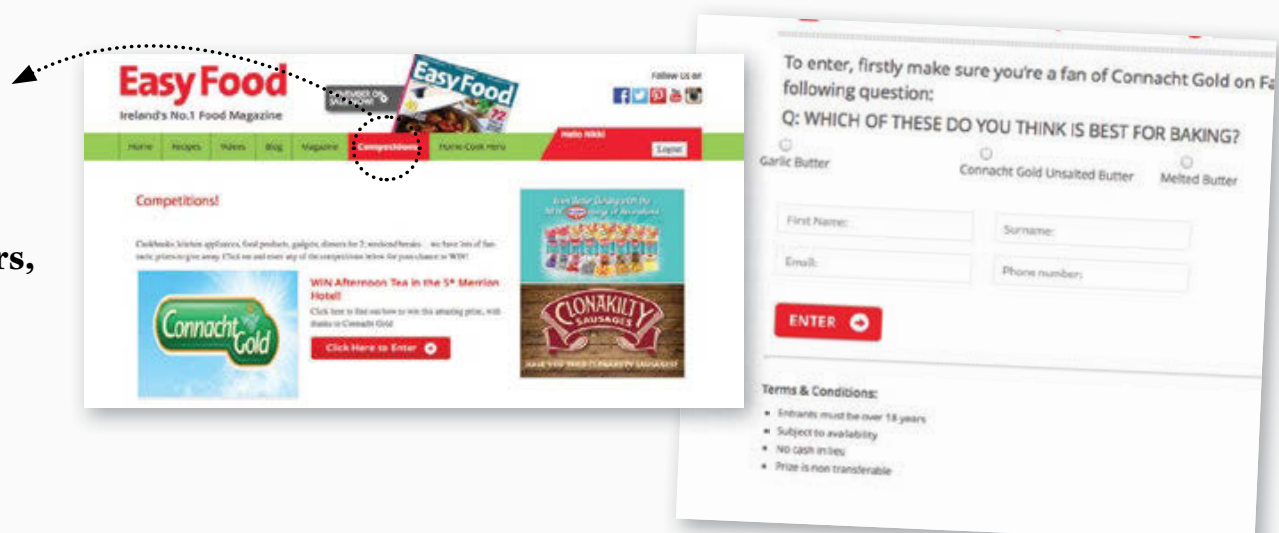
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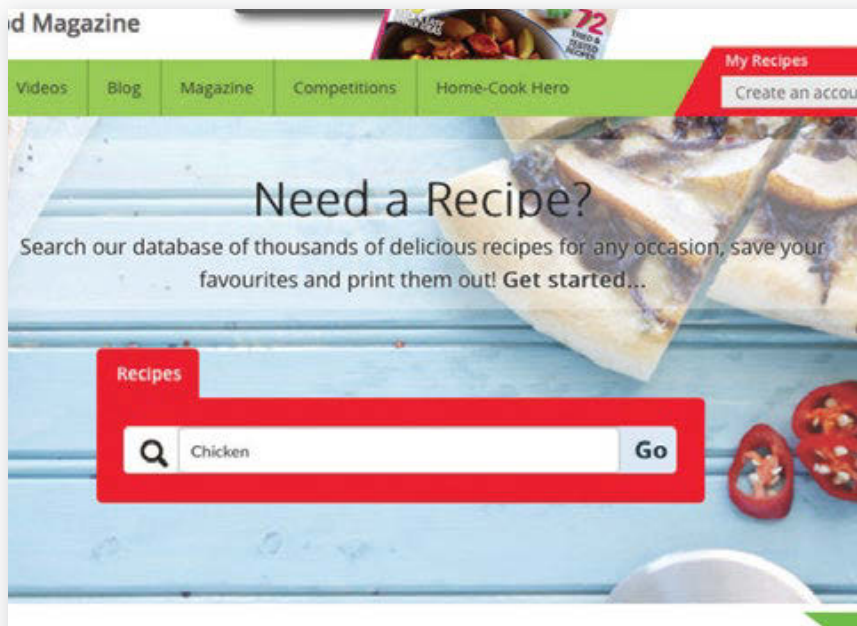
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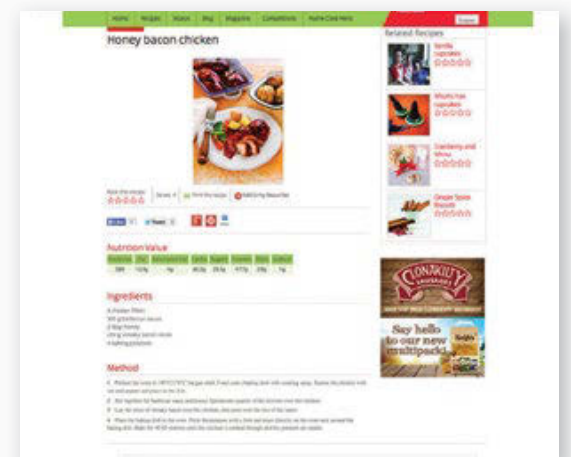
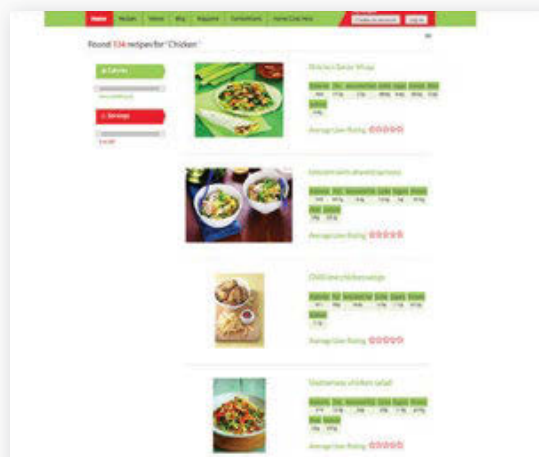
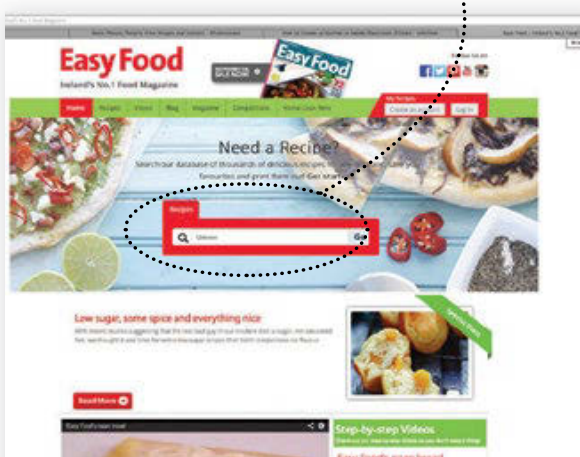
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- Search our recipe database to give you instant access to thousands of fail-safe, quick, easy and delicious meals.
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STEP3: Click the recipe you want!



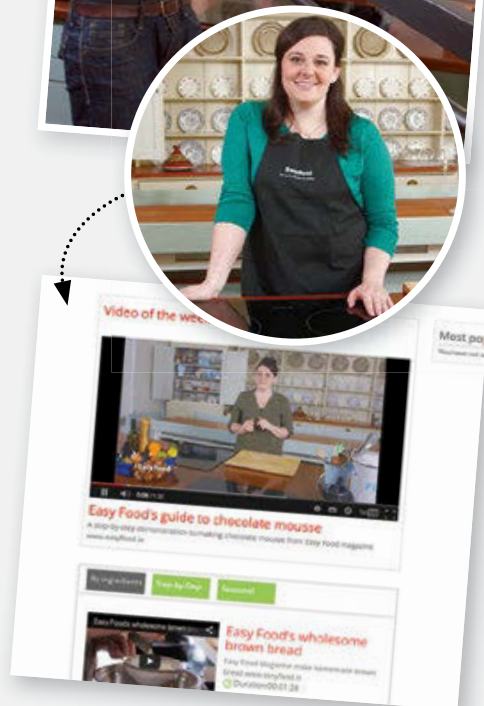
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FOOD BITES

We love this nostalgic placemat, cup and coaster range from Irish artist Simone Walsh, capturing the essence of traditional Irish mealtimes.

Placemat Sets €29.95, coaster sets €14.95 and mugs €12.50 – Available now from Kilkenny Shops nationwide and online at kilkennyshop.com.

WE ♥ THIS

Simone Walsh Full Irish Placemat Set, €29.95



Simone Walsh Full Irish Mug, €12.50

Simone Walsh Irish Larder Placemat Set, €29.95



USE YOUR LOAF!

Enjoy a healthier alternative to white bread with Aldi's Ballymore Crust Chia and Wholegrain Loaf (€1.39/380g).

This tasty, light textured bread is made with chia and wholegrain flour and topped with chia and poppy seeds for a delicious taste. Baked fresh daily for Aldi by Staffords Bakery of Co. Wexford, it is high in Omega 3 and fibre and low in saturated fat and sugar.



NEW LOOK DAIRY!



Photo: Marc O'Sullivan

Avonmore has launched a new design for its milk cartons, which makes them easier to open, pour more smoothly and flatten more conveniently for recycling. The new Elopak carton (Pure-Pak® Sense) is a first for the Irish market and is being introduced across the Avonmore milk range starting with Avonmore Super Milk, which is on shelves now. The new packs have a twist cap that seals in

the freshness, but is simple to open. It is wider than the existing caps so pouring is smoother and special folds in the cartons make flattening the carton for the green bin simpler. The cartons also have a bright new modern look with a family feel to the design. Avonmore was the first brand to introduce paper cartons to the Irish market and cartons have played a central role in the brand story ever since.

EGGCELLENT IDEA!

Eggs are one of the few grocery categories that have enjoyed steady growth over the last few years, with sales increasing by +6% (Kantar Worldpanel Aug 2014).

With this in mind, Ballyfree Free Range eggs have launched a new product – Shrinkies – that aims to encourage parents of young children to eat more eggs. The plan is to make egg time fun for by giving away unique little cartoon character sleeves, which fit onto the egg before boiling. As the Shrinkie name suggests the sleeves shrink onto the egg while it's boiling, making the humble egg a bit more exciting for small people.

Available on their website at <http://www.greenfieldfoods.ie/shrinkies>, parents need to simply fill in their postal details and the Shrinkies will be posted out to them, **free of charge**.



SURPRISE SURPRISE!

This Christmas wreath full of Lindt Lindor truffles makes for a surprising and fun welcome for guests. In fact, we'd have to be dragged inside from the doorstep to stop us munching all the treats! Filled with smooth chocolate, the Lindt Lindor truffles are mouth-watering bite-size delights with a Lindt chocolate shell. Each truffle is wrapped individually in jewel coloured foil wrapper, which make them perfect additions to your decorations. Deliciously clever – we love it!



MERRY IN MINUTES!



This Christmas, why not enjoy a delicious Smirnoff Raspberry and Chocolate Espresso Martini while enjoying time in front of the fire on a cold wintery night?

This cocktail combines the blending of the flavour of real coffee beans in Smirnoff Espresso with indulgent chocolate and sweet-sour raspberries, which make it feel like luxury in a glass.

Smirnoff Raspberry & Chocolate Espresso Martini

Makes 1

50ml Smirnoff Espresso Vodka
25ml chocolate syrup

6 raspberries
Sugar Syrup (optional)

- 1** Fill a shaker with ice.
- 2** Add the Smirnoff Espresso Vodka, chocolate syrup and raspberries to the shaker.
- 3** Shake the mixture vigorously until the surface of the cocktail shaker feels chilled.
- 4** Strain into a martini glass and Sprinkle cocoa powder over the top of the drink to garnish.

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TIME FOR TEA

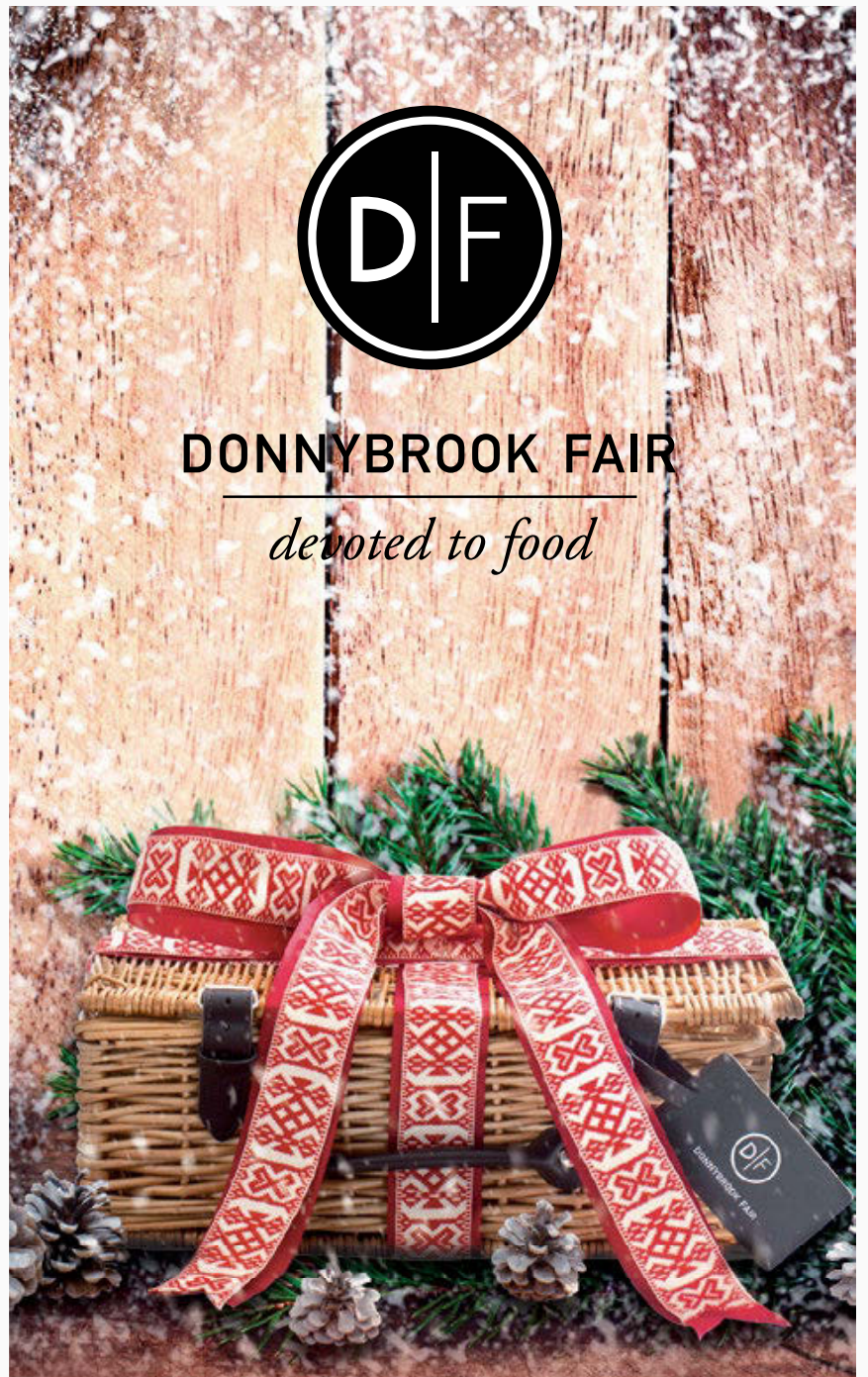
The Tea Garden at Tankardstown is a sweet tea room in the estate's gorgeous gardens, perfect for a lush weekend afternoon tea! The former milking parlour has a particular rustic charm, with its stone walls and wooden beams, and a west-facing terrace overlooking the landscaped gardens at the back of the main house. The Tea Garden serves a selection of quality teas from Lily's Tea Shop in Termonfeckin, along with baked treats made in-house and also showcases some of the baking from Tankardstown's sister business in the local village, Slane Bake. Open from noon until 5pm on Fridays, Saturdays and Sundays, with food served from 1pm until 4.30pm each day. www.tankardstown.ie



Please note:
cute dogs not
included in
afternoon tea
package!



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FESTIVE HOTSPOTS

Dining out over the holidays? This is our pick of restaurants to enjoy delicious food and Christmas cheer

BRASSERIE LE PONT

With celebrated food and fabulous wine and cocktails, **Brasserie Le Pont** is the perfect place to celebrate this Christmas. For intimate gatherings and large groups, they offer lunch from €40 and dinner from €55, with their private dining room also available for groups of up to 35 guests. For a more exclusive affair, their sister property **No. 25 Fitzwilliam Place** is a great location for a private lunch, dinner or drinks reception over the festive period, with lunch from €50 and dinner from €65. www.brasserielepont.ie / www.25fitzwilliamplace.ie



KELLY'S RESORT HOTEL

A voucher for **Kelly's Resort Hotel & Spa** in County Wexford is always a welcome Christmas Gift! It is one of the top four-star luxury resort hotels in Ireland. Visitors to the hotel in Rosslare can count on enjoying the very finest foods beautifully prepared by experienced chefs in **La Marine Bistro** and **Beaches Restaurant**. For details, see www.kellys.ie or visit them at The Dundrum Shopping Centre from December 5th-24th. www.kellys.ie



WRIGHTS FINDLATER

Situated in picturesque Howth, **The Restaurant at Wrights Findlater** has great seafood offerings, as well as Mediterranean-inspired dishes, using fresh and locally-sourced produce. Head Chef Max Usai hails from Sardinia, with a Michelin star background. Max moved to Ireland ten years ago and at Findlater continues to create an array of modern dishes, with a combination of robust yet simple flavours. Three-course Christmas dinner menu available at €35pp with complimentary Prosecco! www.findlater.ie



TROCADERO

It's beginning to look a lot like Christmas at the Troc! **Trocadero Restaurant's** vouchers are now available online, making a night out in one of Dublin's most famous restaurants an even easier gift. Chef Austin Byrne's new look menu is a perfect Christmas treat. Open seven days a week in December, selected dates are still available to book. www.trocadero.ie



JAMES ST. SOUTH

Serving up the freshest Northern Irish produce for lunch and dinner Monday to Saturday, **James St. South** offers a modern dining experience with great food and an exciting wine list in Belfast city centre. The menu, served up by Head Chef David Gillmore, focuses on classic cooking using the best of locally sourced produce with signature dishes, including Strangford Lough Bouillabaise and Organic Lamb. Christmas menus are now available – three-course lunch for £28.50 and dinner for £35.50. Book now for the festive season! www.jamesstreetsouth.co.uk



CASTLEMARTYR RESORT

Discover a magical festive retreat like no other at **Castlemartyr Resort** this Christmas. Savour the ultimate in festive dining in the elegant **Bell Tower restaurant**, with lunch from €37 and dinner from €55 person, or relax in the atmospheric **Knights Bar** for a casual bite. Book a two-night package with overnight accommodation on the 24th & 25th December, costing €710 per person sharing, in a deluxe king room with all the trimmings. Castlemartyr Resort will take care of everything else! www.castlemartyrresort.ie



DYLAN

This Christmas, **Tavern restaurant, Dylan's** new take on contemporary dining, is spicing up the season's traditional festive offerings with a delicious new menu. Specially designed and created by executive head chef, Mark Bodie, it features mouth-watering dishes including salt baked sea bass for two (€60.00) served with lemon creamed potatoes, broccoli and smoked almonds, and Dylan's Silver Hill Duck (€29.00), a delicious dish of duck breast and duck parcels served with pak choi and mushroom and soy broth. www.dylan.ie



THE CLIFF TOWNHOUSE

Located in the heart of Dublin, **The Cliff Townhouse** is an elegant and sophisticated restaurant with a lovely bar and a series of deluxe bedrooms on St. Stephens Green, which makes a stylish backdrop to any Christmas celebration. From lunch and dinner in the restaurant to your own private function in the Private Dining Room on the first floor or Christmas cocktails and canapés, The Cliff Townhouse is the perfect destination to make this year's Christmas party the best party ever. www.theclifftownhouse.com





COOK UP GREAT SAVINGS

Tesco shoppers can collect tokens for every €10 spent in store to claim a discount of up to 70% on a stylish range of Berndes cast iron pots, stoneware and utensils. Berndes is an internationally recognised brand with over 90 years' experience in combining the best materials, premium workmanship and design.

To avail of the offer, you can collect one sticker for every €10 spent in store, after collecting 10 stickers, you can claim an item from the Berndes range at up to 70% discount. Simply select the preferred item from the in store display and take it to the checkout, along with the completed collector's card. Stickers can be until Sunday, December 28th 2014 and completed cards can be redeemed in stores until Sunday, January 11th 2015, while stocks last.

WANT TO SAVE €40 ON YOUR WEEKLY GROCERIES?

The new Reep Rewards app helps save you time by scanning the market for the best special offers on everyday grocery and household items. It takes the work out of shopping by presenting all the offers in real-time, by store. It even finds the nearest store where you can find favorite products at discounted prices. Offers are displayed for all the major supermarkets and convenience stores and across other retail sectors from fashion to cosmetic and sports to electronics. Research carried out by the developers of the app showed an average saving of €40 a week among users tested.

Reep also allows you to personalise the offers by adding your favourites to "My List". This function will automatically alert you to special offers for your own designated products. A further benefit is offered to 'Reepers', which allows you to earn cashback by simply taking photos of your shopping receipts on your smartphone through the app. It is available for download in the app store for iOS smartphones and an Android app currently in development. www.reeprewards.ie



DISCOVER CALIFORNIA WINES

discovercaliforniawine.com



TUNE IN!

Netflix, the world's leading internet television network, is expanding its original documentary initiative with its first original docu-series, David Gelb's **Chef's Table**. The six-part series, from the lauded filmmaker of "Jiro Dreams of Sushi" will premiere in 2015 in all territories where Netflix is available. Speaking at the

Toronto International Film Festival Doc Conference, Lisa Nishimura, Vice President, Original Documentary and Comedy at Netflix, said, "We want to continue to support the best in non-fiction storytelling. While some stories are best told as feature length films, others, like Chef's Table, greatly benefit from being able to communicate their story in a multi-episodic fashion. We're fortunate to have the flexibility to match the story with the best format."

Chef's Table features six of the world's most renowned international chefs, and offers viewers the opportunity to go inside the lives and kitchens of these culinary talents. The chefs featured include Ben Shewry (Attica Restaurant in Melbourne, Australia), Magnus Nilsson (Fäviken in Järpen Sweden), Francis Mallmann (El Restaurante Patagonia Sur in Buenos Aires, Argentina), Niki Nakayama (N/Naka Restaurant in Los Angeles, USA), Dan Barber (Blue Hill Restaurant in New York City, USA) and Massimo Bottura (Osteria Francescana in Modena, Italy).

Chef's Table is executive produced by David Gelb and Matt Weaver. Andrew Fried of Boardwalk Pictures is Executive Producer and Director, and Brian McGinn also serves as an executive producer of the film.



CONGRATULATIONS!

The achievements of five Irish organic food and drink companies were recognised at the inaugural National Organic Awards held in Bord Bia's Dublin headquarters recently. The big winner was brewmaster Laura Murphy, founder of Ireland's first kombucha brewery SynerChi in Gweedore, Co Donegal, who won both the Innovation and the Best Processed Product awards for her SynerChi Live Kombucha Original Sencha Tea. The judges were extremely impressed with Laura's "superb tasting product", which features very distinctive branding and gives the public a chance to purchase a "healthy alternative soft drink".

BEST FRESH

Mulberry Meadow Farm,
Organic Living Micro Broccoli
(Monaghan)

BEST PROCESSED

SynerChi Kombucha, SynerChi
Live Kombucha Original Sencha
Tea (Donegal)

BEST NEW

Beechlawn Organic Farm,
Organic Sun Gold Orange
Cherry Tomatoes (Galway)

INNOVATION

SynerChi Kombucha, SynerChi
Live Kombucha Original Sencha
Tea 330ml (Donegal)

EXPORT

The Little Milk Company,
Organic Mature Cheddar
(Waterford)

DIRECT SELLING

Green Earth Organics, Large
vegetable box (Galway)

For more information, visit www.bordbia.ie.



EASY FOOD 2014 Christmas taste test

Not sure what ready-made nibbles to buy for your Christmas party?

Wondering what shop-bought pudding is the tastiest?

What mince pies you can disguise as your own home-baked treats?

Leave the decision-making to us!

We're busy testing all the finest Christmas supermarket offerings, including cheeses, desserts, finger foods and baked treats. Visit www.easyfood.ie on **November 24th** to find out who will win in each category of the **Easy Food Taste Test 2014**! Plus, reviews of everything tested and our best-value recommends for shop-bought festive food!

CRACKERS **PROSCIUTTO** SPICY DIPS

Stinky cheeses

Will that cheese go soft too quickly?

Blue cheese

SAUSAGE ROLLS

CHOCOLATE LOG

Chutney

Goat's cheese

SPRING ROLLS

Cheddar

GOUDA

Cranberry sauce

countdown to christmas

MAKING YOUR LISTS, CHECKING THEM TWICE



16-26

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Be ready for anything with
these handy recipes for the
festive season

YOUR CHRISTMAS SCRAPBOOK

Our tips and ideas for a creative Christmas



GET SET

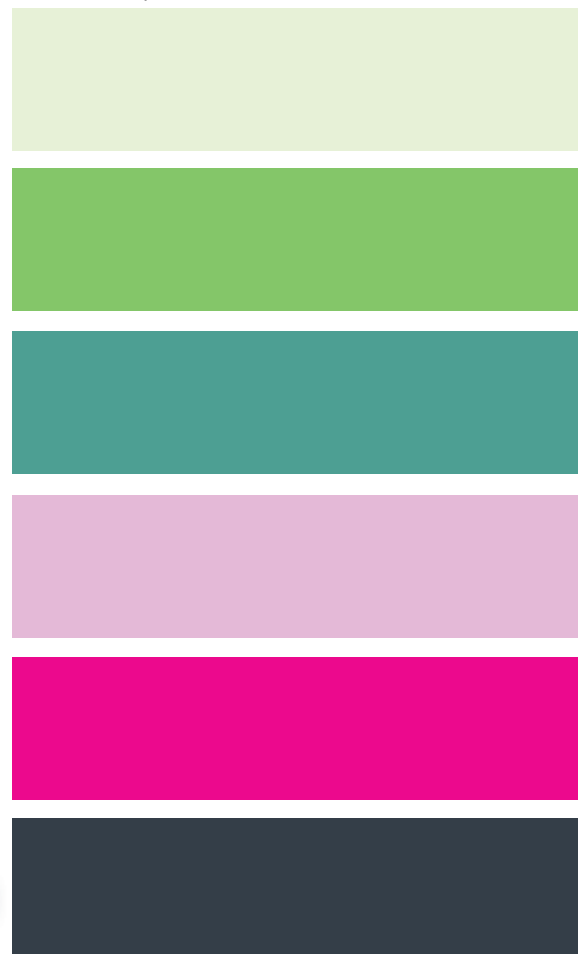
Can't decide how to set your table this year? Basing your décor around a colour theme can give your table a cohesive, organised feel.

Try new variations on the classic Christmas colours for a contemporary look, like the pantones to the left which we used to inspire this issue of Easy Food!



COLOURFUL DECORATING

Every month, our design team chooses a palette of colours (known as pantones) as a base for the design throughout the magazine. Below are the pretty colours we picked for this year's Christmas Annual. Why not try and do the same for your Christmas decorations to give an all-round look and feel to your home? It's lots of fun!



PLAN AHEAD

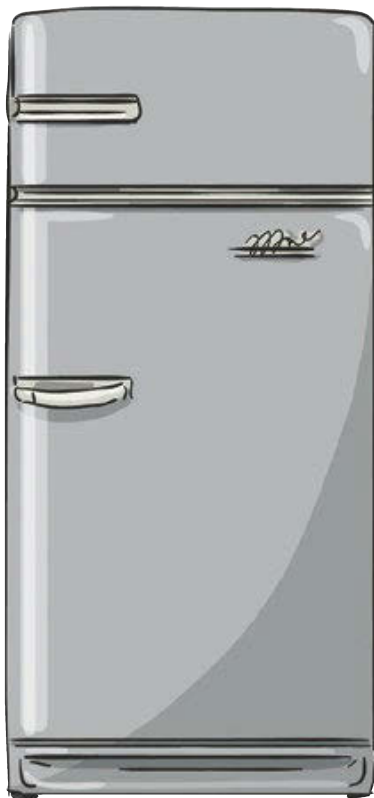
- Menu planning is an invaluable tool when undertaking something as daunting as Christmas Day dinner.
- Draw up menus for any and all meals you plan on making over the week. Read through them and see how much can be made ahead.
- Use this information to write a cooking plan for the days leading up to Christmas, so that you're not swamped on the day.
- Have a detailed plan for Christmas morning, taking into consideration cooking times and how many things you can fit in the oven at once.



DIY TABLE DECORATIONS

This gingerbread wreath centrepiece looks good enough to eat!

- 1 Make your favourite gingerbread recipe and cut out eight heart shapes, four large and four small.
- 2 Cut a round hole from the centre of each of the smaller hearts and bake all of the gingerbread.
- 3 When cool, place the four large hearts on a decorative plate or wooden board and place the smaller hearts on top as shown.
- 4 Decorate as desired using icing and/or edible balls and use the cut-out circles to hold candles.



IN THE KITCHEN

- It makes sense to do a big clean of your kitchen the week before Christmas. Not only will it help from a practical standpoint, but it's good to feel as though you've got a fresh beginning.
- Deep-clean your fridge and throw out any old jars lurking in the back (we've all got one or two!) Move any large containers to the back to make room.
- Sort out the freezer and make room for all the Christmas food to be stored together.

That's a wrap

It's easy to make your own wrapping paper – just cut the shape of your choice (like a star or a Christmas tree) out of a halved potato, dip it in paint and use to stamp the shape onto brown paper or tissue paper. You can do the same to make individual gift tags. Your kids will have great fun!



Another nice idea is to stick a photo of yourself with the intended recipient onto wrapping paper instead of the usual label, for a personalised and sentimental touch.

Fill a glass jar with leaves and berries of your choice, then top up with water and add a floating candle for a pretty and festive centerpiece.



THE BIG SHOP

- Once you have your menu plan ready, use this to write a detailed food shopping list. First things first – don't forget to order the turkey!
- It may be easier to do your food shopping over several runs. Stock up on your holiday drinks first, including alcohol and soft drinks. Buy everything non-perishable a few weeks before Christmas, including larger staples (remember basics like flour, olive oil and sugar... and you can never have too many tins of tomatoes!) as well as any meat or fish that can be frozen. This leaves you free to focus on fresh produce on your final trip.



Spruce up your Sprouts

Feel the *love* for sprouts

- * We are going to prove that Brussels sprouts are not the supposed 'villains' of Christmas dinner that they are often made out to be!
- * Each tiny sprout is a veritable powerhouse of nutrition and naturally low in calories, fat and sugars.
- * The vitamins, minerals and antioxidants found in these cute cabbages can prevent age-related macular degeneration, combat cancer by destroying pre-cancerous cells, delay the onset of Alzheimer's disease, boost the immune system and promote bone health!
- * If you're still not the biggest fan of sprouts, it might be time to try jazzing them up with one of our delicious new recipes. We promise you'll be pleasantly surprised!

Get ready to fall in love with the festive season's most-vilified vegetable!

CREAMY SPROUT AND PARSNIP GRATIN

Serves 4 as a side dish

Large knob of butter

1 large leek, halved, cleaned and sliced

3 parsnips, peeled, halved and sliced

250g Brussels sprouts, trimmed and quartered

Salt and black pepper

½ tsp dried thyme

120ml light cream

2 garlic cloves, crushed

1 tbsp cornflour

1 sprig of fresh rosemary

60g Cheddar, grated

40g Parmesan

50g breadcrumbs

1 Heat the butter in a large pan over a medium heat and cook the leeks and parsnips for 6-7 minutes, until just tender. Remove the vegetables to an oven-proof dish.

2 Add a little more butter to the same pan and cook the Brussels sprouts for 4-5 minutes until lightly golden. Season with salt and pepper and add to the parsnips and leeks. Sprinkle the mixture with the thyme and stir together.

3 Preheat the oven to 180°C/160°C/gas mark 4.

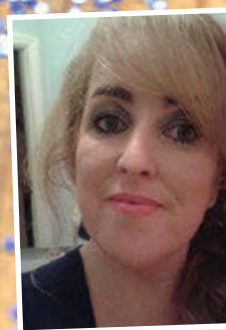
4 Combine the cream and garlic in a saucepan and place over a medium heat. When hot, add the cornflour and whisk until smooth. Add the rosemary and cook, without boiling, for another 4-5 minutes until warm and thick. Add the Cheddar and allow to melt, whisking into the sauce. Taste and season with salt and pepper. Remove the rosemary.

5 Pour the sauce over the vegetables and toss until well coated. Bake for 20-25 minutes, then top with the Parmesan and breadcrumbs and bake for another 10 minutes until the top is golden brown.

Per Serving 375kcal, 17g fat (10.2g saturated), 46.1g carbs, 9.5g sugars, 13.4g protein, 9.8g fibre, 0.342g sodium



Low-fat
side dish



"I was apprehensive about making these, as sprouts and I have never enjoyed a good relationship, but I gave it a go. I popped the sprouts onto a silver lined tray, drizzled over some spicy olive oil and roasted them. Once the sprouts were roasted I added the rich, sticky, yummy, spicy sauce. Nervously, I tasted one... and they were delicious! I ended up eating the whole dish!" – **Olivia Floyd**

SWEET AND SPICY SPROUTS

Serves 4 as a side dish

450g Brussels sprouts, trimmed and halved

3 tbsp olive oil

Salt and black pepper

2 tbsp soy sauce

1 tbsp fish sauce

2 tbsp maple syrup

Juice of half a lemon

1 garlic clove, crushed

1 tbsp hot chilli sauce

2 tbsp sesame seeds

1 Preheat the oven to 200°C/180°C/gas mark 6.

2 Cover a large, rimmed baking tray with tin foil. Spread the sprouts out on the tray, drizzle with olive oil and season with salt and pepper, then toss to combine.

3 Place in the oven on the top rack and roast for 50-60 minutes, stirring every 20 minutes or so.

4 During the last 10 minutes of cooking, place all

of the remaining ingredients except the sesame seeds into a saucepan. Reduce over a medium-high heat for 5-6 minutes until thickened.

5 When the sprouts are ready, remove from the oven. Place them in a bowl with half of the sauce and the sesame seeds and toss until just coated; add more sauce as desired.

Per Serving 197kcal, 13.1g fat (1.9g saturated), 19g carbs, 8.7g sugars, 5.4g protein, 4.8g fibre, 0.828g sodium





IN THE NEXT ISSUE...

We'll give you the low-down on **PARSLEY**. The difference between flat and curly leaves, nutritional benefits and, of course, giving you some delicious, seasonal recipes.

SIMPLE SPROUT AND PANCETTA SPAGHETTI

Serves 2

Salt

170g spaghetti

3 tbsp butter

130g pancetta or bacon pieces

140g Brussels sprouts, finely chopped

Black pepper

100g Parmesan, grated

To serve:

Garlic bread and/or a green salad

- 1 Bring a large pot of salted water to the boil. Add the pasta and cook, stirring occasionally, until al dente. Drain the pasta, reserving about 180ml of the pasta cooking water. Set aside.
- 2 Meanwhile, place the butter in a large pan and melt over a medium heat. Add the pancetta and cook for 4-5 minutes until crispy. Remove using a slotted spoon and set aside to drain on a plate lined with kitchen paper.
- 3 Into the same pan, add the Brussels sprouts and cook for 5-6 minutes until golden. Season generously with black pepper and stir to mix.
- 4 Add 120ml of the reserved pasta water to the pan and bring to a simmer. Add the pasta and reduce the heat to low.
- 5 Add most of the grated Parmesan, reserving a little to serve, and toss with tongs until melted. If the pasta still looks a little too dry, add a splash or two more of the pasta water to loosen it, and toss to combine.
- 6 Sprinkle with the remaining Parmesan and serve immediately with garlic bread or a salad.

Per Serving 765kcal, 45.7g fat (24.1g saturated), 54.8g carbs, 1.6g sugars, 37.6g protein, 2.7g fibre, 1.238g sodium



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think of everything

GET AHEAD OF YOURSELF

Be ready for anything with these handy recipes you can prepare ahead for the busy Christmas season

Top Tip

These mini pots are delicious as an afternoon treat to unexpected guests with a pot of strong coffee.



MINI TIRAMISU POTS

Makes 8

- 4 tbsp ground coffee (or instant coffee)
- 500g mascarpone
- 2 tbsp icing sugar
- 6 tbsp Tia Maria, Kahlua or brandy
- 32 sponge fingers
- 4 tsp cocoa powder

- 1 Put the coffee in a cafetière or jug. Add 400ml of boiling water and set aside for five minutes.
- 2 Meanwhile, put the mascarpone into a bowl with the icing sugar and four tablespoons of the coffee liqueur or brandy.
- 3 Pour the coffee into a shallow dish. Add a tablespoon of liqueur. Soak half of the sponge fingers in the coffee, two or three at a time, then break each one into four pieces and divide between eight glasses or cups.
- 4 Spoon a layer of the cheese mixture into each glass or cup, then dip the remaining fingers into the rest of the coffee and liqueur and break over the top. Spoon the rest of the cheese mixture over the top and dust with cocoa powder.
- 5 Serve straightaway or refrigerate for 3-4 days. Alternatively, make one large tiramisu in a freezer-safe dish and freeze for up to two weeks.

Per Serving 217kcal, 8.8g fat (5.2g saturated), 20.4g carbs, 2.1g sugars, 8.6g protein, 0g fibre, 0.053g sodium



CHICKEN LIVER PÂTÉ WITH QUICK-PICKLED ONIONS

Serves 4

- Large knob of butter
- 1 shallot, finely chopped
- 1 tsp thyme leaves, finely chopped
- 350g chicken livers, cleaned and chopped into 1½cm pieces
- 40ml brandy
- 40ml red wine
- 75ml double cream
- Salt and black pepper
- 160g butter, melted
- Bay leaves, to decorate

For the pickled onions:

- 230ml apple cider vinegar
- 2 tbsp sugar

- 3 tsp salt
- 2 red onions, peeled and thinly sliced

To serve:

Sourdough, toasted

- 1 Heat a knob of butter in a pan over a medium heat. Add the shallot and thyme and cook for 3-4 minutes until soft.
- 2 Turn the heat to medium-high, add the livers and cook for 3-4 minutes until the outsides are browned but they are still slightly pink inside. Using a slotted spoon, remove the livers to a plate and set aside.
- 3 Add the brandy and red wine to the same pan and boil until reduced. Add the cream and season with salt and lots of black pepper.
- 4 Return the livers to the pan and use a stick blender to whizz until smooth (alternatively you can do this in a food processor.) Add half of the melted butter and whizz again. Taste for seasoning and add

more salt and pepper if necessary.

- 5 Pass through a sieve into a serving dish and chill for half an hour. Place one or two bay leaves on top for decoration, then melt the remaining butter and pour over the top until completely covered. Refrigerate for up to five days until ready to serve.
- 6 For the pickled onions, whisk the first three ingredients in a small bowl until the sugar and salt dissolve. Place the sliced onions in a jar or Tupperware container and pour over the vinegar mixture. Allow to sit at room temperature for one hour; after this the onions will keep in the fridge for up to two weeks.
- 7 Serve the pâté with the pickled onions and some toasted sourdough.

Per Serving 616kcal, 48.2g fat (28.7g saturated), 14.1g carbs, 8.7g sugars, 22.7g protein, 1.2g fibre, 2.074g sodium



"This is the best chicken liver pâté recipe I've made to date. The pâté was very rich, smooth and fragrant. It was beautifully complemented by the pickled onions, and the vibrant colour of the onions made the presentation spectacular. The recipe was extremely easy to follow, even for someone who would not cook that often, as it wasn't complicated in any way. This is definitely the perfect recipe for a dinner party."

– Caroline Lavelle Ryder



LASAGNE ROLL-UPS

Makes 16

For the roll-ups:

16 sheets of lasagne, uncooked

450g lean minced beef

1 onion, chopped

350ml tomato pasta sauce

850g Ricotta

250g frozen spinach, thawed, drained and squeezed dry

2 tsp mixed Italian herbs

1 egg

Cooking spray

For the topping:

700ml tomato pasta sauce

220g Mozzarella, grated

1 In a large pot, cook the sheets of lasagne according to the package instructions. Drain well and set aside.

2 Meanwhile, place the minced beef and onion in a large pan and cook over a medium-high heat, stirring frequently, until the meat is no longer pink. Drain away any excess fat.

3 Stir in the pasta sauce. Reduce the heat to low and simmer, uncovered, for 10-12 minutes, stirring

occasionally. Remove from the heat.

4 In small bowl, mix the Ricotta, spinach, mixed herbs and egg. Spread about three tablespoons of the Ricotta mixture over each cooked lasagne sheet, leaving a one-inch space at one end.

5 Spoon a little of the mince over the Ricotta mixture on each sheet, and roll up firmly towards the unfilled end.

6 Line a baking dish with tin foil. Place the roll-ups into the dish, seam side down, and cover loosely with foil. Freeze for about 30 minutes or until firm.

7 Place the frozen rolls in an airtight freezer-friendly container and freeze for up to three months.

8 Spray two baking dishes with cooking spray. Remove the roll-ups from the freezer and place eight in each baking dish. Cover and thaw in the refrigerator overnight.

9 Heat the oven to 180°C/160°C fan/gas mark 4. Pour the pasta sauce over and around the roll-ups. Cover tightly with tin foil and bake for 30-40 minutes or until hot and bubbly.

10 Sprinkle each baking dish with half of the Mozzarella and bake, uncovered, for another 4-5 minutes or until the cheese has melted. Allow to rest for five minutes before serving.

Per Serving 290kcal, 12.5g fat (5.6g saturated), 23.9g carbs, 4.2g sugars, 20.2g protein, 2.1g fibre, 0.51g sodium



FUDGY CHOCOLATE AND NUT SQUARES

Makes 12-16

350g dark chocolate, chopped into small pieces

1 x 397g tin of condensed milk

30g butter

150g cashews or other nuts of choice, chopped

Butter, for greasing

1 Place the chocolate, condensed milk and butter in a saucepan over a medium heat and allow to melt.

2 Once melted, remove from the heat. Add the nuts and stir to combine.

3 Line a square tin with tin foil and pour in the chocolate mixture. Cover and refrigerate for at least two hours until set.

4 Turn the set chocolate out onto a chopping board. Peel off the tin foil and slice into small, equally-sized chunks. Store in the fridge until needed.

Per Serving 271kcal, 15.3g fat (8.2g saturated), 29.6g carbs, 25.2g sugars, 5.1g protein, 1g fibre, 0.067g sodium



Easy Food Reader Evening



When: **Wednesday, November 26th**

Where: **L'Gueuleton, 1 Fade Street, Dublin 2**

Join us for a fabulous night of wine and food in association with **California Wines** and **L'Gueuleton restaurant**.

We hope you will accept our invitation and start your Christmas party season with a fun night for you and your friends or colleagues on **Wednesday, November 26th** in the beautiful French bistro surroundings of L'Gueuleton.

The venue

L'Gueuleton is one of Dublin's top dining experiences, located in the heart of the city centre. The proprietors of L'Gueuleton also own Hogan's bar next-door, Kelly's Hotel and The Bar with No Name above. This Dublin restaurant is very welcoming with great atmosphere seven days a week. Head Chef Aoife Barker and her team exquisitely create the food and diners can enjoy all aspects of French cuisine from snails to Rib Eye Steak with Béarnaise and great seafood. It is the perfect venue for our winter reader evening where we can spoil you with lots of amazing food and wine.

The wine

Wine on the night is supplied and selected by California Wines and presented to you by our wine columnist Liam Campbell. Liam will talk us through each wine explaining in detail the provenance, taste and answer any questions you might have with as much charm and personality as the wines themselves!

California's wonderful year-round weather is as good for the wine as it is for visitors. Abundant sunshine ensures a consistent and long grape growing season, while the diversity of the terroir supports a multitude of wine grape varieties and surprising flavour variation within them. California's 1,300 kilometers of rugged coastline expose nearby vineyards to natural "air conditioning" in the form of fog and breezes, making for exceptional Chardonnay, Pinot Noir and other cool climate varieties.

At this event, we will taste a variety of California's best wines, matched with delicious food from L'Gueuleton... And we will have a raffle for an overall prize for one lucky attendee and lots of spot prizes on the night too. Make sure and book your ticket and don't miss out on this event.

BOOK NOW!

Tickets cost €15 each and all proceeds from ticket sales go to Zahra Helps Foundation, an Irish registered charity that provides funding for educational/food/water and sustainable development projects in both Vietnam and South Africa. 100% of all proceeds go directly to these projects as Zahra Media Group covers all administration costs.

Places for this event are limited and must be booked in advance. To book, call Stephen Pearson on (01) 287 8631 or email spearson@zahramediagroup.com.

www.lgueuleton.com

www.discovercaliforniawines.com

www.easyfood.ie

MULLED WINE

Serves 4-6

470ml apple cider

1 x 750ml bottle of red wine

3 tbsp honey

Zest and juice of 1 orange

½ tsp ground cloves

Small pinch of ground all-spice

2 cinnamon sticks, each broken in half

½ tsp fennel seeds, crushed

To serve:

Orange peels, optional, for garnish

1 Combine all the ingredients in a large pot over a high heat.

2 Bring to a boil, then immediately reduce the heat and simmer on low for 10-12 minutes.

3 Strain the mulled wine through a fine mesh sieve into a large pitcher. At this stage, the wine can be cooled and refrigerated for up to three days; just reheat when ready to serve.

4 Pour into mugs to serve, adding an orange peel to each if desired.

Per Serving 181kcal, 0.2g fat (0g saturated), 23.7g carbs, 18.6g sugars, 0.3g protein, 1.5g fibre, 0.01g sodium

€ V LF GF



Festive entertaining

MAKING THE SEASON MERRY AND BRIGHT



28-36

IN THIS SECTION

MERRY CHEESE-MAS! P.28

Our guide to putting
together a showstopper
cheeseboard

15 WAYS WITH PARTY FOOD P.30

We've got your
Christmas party
sorted with these tasty
nibbles

SOFT

Go for something ripe, creamy and runny, such as:

- Camembert (France)
- Brie (France)
- Epoisses (France) Shutterstock: 84561781
- Cooleeney (Ireland)
- Wicklow Baun (Ireland)
- Gortnamona goat's cheese (Ireland)
- For a more adventurous option, some soft cheeses, like Cambozola, have a touch of blue running through them

Remember, these categories are just helpful guidelines and there are no hard and fast rules about what should be on your cheeseboard - Use whichever cheeses taste best to you!

SEMI-SOFT

Add a contrast of texture with something like:

- A goats' log, such as St. Tola (Ireland)
- A washed-rind cheese like Taleggio (Italy)
- Reblochon (France)
- Morbier (France)
- Gubbeen (Ireland)
- Durrus (Ireland)
- Milleens (Ireland)

December

CHEESE-MAS!

Christmas is the perfect time of year for a showstopper cheeseboard, and we're here to make your cheese shopping easier! There's a lot of choice out there, so we've broken it down into five categories. Just choose one or two cheeses from each category, add your favourite accompaniments and you're ready to impress!

SUGGESTED

ACCOMPANIMENTS:

- Crackers, sliced French baguette or brown bread
- Sundried tomatoes, olives or pickles
- Fruit, such as apples, grapes, pears or figs
- Cured meats like prosciutto, Serrano ham, salami or chorizo
- Chutney, honey, black cherry or cranberry jam

BLUE

If you're not keen on strong blues, the soft and creamy Cambozola or the Irish Wicklow Blue are good places to start. For those who like their cheese smelly and strong, try:

- Cave-aged Roquefort (France)
- Pungent Gorgonzola (Italy)
- Stilton (England), a classic choice
- The creamy Crozier Blue, made with sheep's milk (Ireland)
- Bellingham Blue (Ireland) is strong and funky

WILD CARD

Find something a bit different to finish off your cheeseboard.

- Try the one-of-a-kind Irish buffalo-milk mozzarella from Toonsbridge Dairy
- You might like to add one of the more unusual Irish cheeses, like Corleggy
- For something really different, Diliskus is a raw cow's milk cheese uniquely flavoured with Irish seaweed!
- For a smoked cheese, try the excellent Smoked Gubbeen from West Cork.

HARD

Look for a well-aged and crumbly hard cheese, like:

- Aged Gouda (Holland)
- Mimolette (France)
- Coolea Extra Mature (Ireland)
- Aged Cheddar (Britain)
- Pecorino (Italy)
- Manchego (Spain)

HERE ARE OUR PICKS FOR THE CHEESE LOVERS IN YOUR LIFE!



Farmhouse Cheeses of Ireland

By Glynn Anderson and John McLaughlin

Published by The Collins Press €19.99 / £15.77



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knife set. €16 / £12.62

www.aprilandthebear.com

5 WAYS WITH FESTIVE COCKTAILS

Prosecco is a fantastic drink to have in your cupboard. It is so easy to mix with a fruit juice such as Lidl's Deluxe Blood Orange & Cranberry Pressé for an instant festive cocktail. Lidl's Prosecco DOC Frizzante is just €7.99 and extremely popular for the festive season. This year, Lidl has an extensive range of premium wines with prices starting from €8.99 that will add a splash of elegance to any festive table.



HOMEMADE PEPPERMINT SCHNAPPS

Makes
about
700ml

Combine 200g sugar and 240ml water in a small saucepan over a medium heat. Stir occasionally until the sugar is completely dissolved. Remove from the heat and allow to cool. When cooled, pour the sugar syrup into a jar and add 480ml vodka and two teaspoons of peppermint extract. Seal the jar and shake well until the ingredients are combined. Serve straight-up and ice-cold, spike a hot chocolate for an adults-only treat, or use to make the nightcap below.

MULLED APPLE JUICE

Serves
4-6

Into a large stainless steel saucepan, place 1½ litres of good quality apple juice (not from concentrate), four tablespoons of honey, two cinnamon sticks, six whole cloves, six allspice berries and the zest of one lemon and one orange cut into strips. Place over a

medium heat for 5-10 minutes or until the mixture is very hot but not boiling. Remove from the heat and pour through a fine sieve to remove the spices and zests. Stir in 4-6 shots brandy or Calvados. Ladle into big cups or mugs to serve; garnish with new cinnamon sticks or orange peel if desired.

CHRISTMAS CHEERS

Makes
approx.
11

In a large pitcher or jug, mix 180ml pomegranate juice, 70ml cranberry juice, 130ml Grand Marnier or Cointreau, the juice of half a lime and a chilled bottle of Prosecco. Stir gently to combine. Pour carefully into champagne flutes to serve.

GINGER AND PEAR MARTINIS

Makes
syrup
for 16
cocktails

Place a one-inch piece of peeled, chopped root ginger and two chopped pears in a medium saucepan with one tablespoon of sugar. Cook over a medium-high heat for 6-7 minutes, until tender. Add 150g more sugar along with 360ml water,

one cinnamon stick and a pinch of salt. Bring to a boil, then remove from heat and cool for 15 minutes. Strain through a sieve into a bottle or pitcher. For each martini, fill a cocktail shaker with ice. Add 30ml of the ginger and pear syrup with 60ml of vodka or gin. Top and shake for 2-3 minutes, then strain into a martini glass and garnish with a slice of pear, if desired.

BUTTERSCOTCH IRISH COFFEE

Makes
one

Fill a mug or Irish coffee glass with hot water and set aside for 2-3 minutes to warm. Discard the hot water. Add 30ml of whiskey, 30ml Irish cream liqueur, 30ml schnapps and 75ml freshly brewed coffee to the warm mug and stir to combine. Hold a clean teaspoon, curved side up, over the glass, very close to the coffee. Slide 3-4 teaspoons of whipped cream very gently and slowly over the back of the teaspoon onto the coffee. Garnish with a drizzle of caramel sauce, if desired.



Cono Sur

The Cono Sur Food Blogger Challenge 2014 took place from June to September this year, with Ireland's bloggers and foodies invited to submit their unique recipes to pair with Cono Sur's premium **Single Vineyard Sauvignon Blanc** or **Pinot Noir**.

The shortlist of eight delicious recipes was whittled down to just three, which we've listed below. Check out www.conosur.ie/blog for the full recipes!

The overall winner was **Billy Lyons** from Cork, who is travelling to France to compete in the grand final where his dish will be pitched against other international winners, with an amazing trip to Chile for two up for grabs.



Overall Winner
BILLY LYONS

@CorkBilly // corkbilly.com

**Scallops & Bacon
with IASC Seafood Butter**



Paired with the **Cono Sur
Single Vineyard
Sauvignon Blanc**



Paired with the **Cono Sur
Single Vineyard
Pinot Noir**

Runner-Up
JENI PIM

@Jeni Pim // jenskitchen.ie

**Garlic Summer Lamb
with Roasted Beetroot**



Runner-Up
MELANIE MAY

@_MelanieMay // melaniemay.com

**French Onion Soup
with homemade Gruyère toasts**



Paired with the **Cono Sur
Single Vineyard
Sauvignon Blanc**



Think Red Think Côtes du Rhône Wines

Tasty recipes to set off a delicious wine

Verre gourmand, Côtes du Rhône Villages Cairanne

Here are three recipes that will go beautifully with a glass of Côtes du Rhône Villages Cairanne. A well-rounded, generous red, smooth and long in the mouth, this wine cannot but please. Its subtle spicy notes are a wonderful match for creamed cauliflower with grilled bacon, potted pork and hazelnuts on toast, or a bun with a soft centre of goats cheese and honey. Load your plate with this harmonious combination of flavours, pour a glass of Cairanne... and enjoy the result!

CREAMED CAULIFLOWER (VELOUTE DE CHOU-FLEUR) WITH GRILLED BACON

1 cauliflower
1 stock cube
200ml single cream
A pinch of nutmeg
Salt
Pepper
Bacon rashers

- 1** Wash the cauliflower and cut into pieces.
- 2** Place it in a saucepan half filled with water. Add the stock cube and a pinch of salt.
- 3** Cook for approximately 20 minutes. Test the cauliflower with a pointed knife to make sure it is cooked. If the knife goes in easily, it is done.
- 4** Set aside half of the cooking water in a bowl.
- 5** Break down and mix the cauliflower with the rest of the

cooking water, the cream and a generous pinch of grated nutmeg. Your sauce should be nice and firm, neither a purée, nor too sloppy. If it is too thick, add a little of the cooking water you have set aside.

- 6** Add more salt if necessary and some pepper.
- 7** Crisp the bacon rashers in a frying pan. Then cut them into thin strips and pour the cream sauce over them.

Per Serving 163kcal, 8.8g fat (3.7g saturated), 9.5g carbs, 4.5g sugars, 13.1g protein, 3.8g fibre, 0.862g sodium



COTES DU RHONE AND COTES DU RHONE VILLAGE WINES

- Côtes du Rhône and Côtes du Rhône Villages are easy drinking, food-friendly and affordable wines, a perfect example of how price is in no way related to the pleasure a wine can give.
- They are excellent when served slightly chilled.
- Côtes du Rhône wines and Côtes du Rhône villages wines are mainly red but they can also be white and rosé.
- Côtes du Rhône simply means "hillsides of the Rhône." It can be made anywhere in the Rhône Valley, as long as they meet the appellation standards, but almost all of it is made in the southern region.
- Red wines are primarily made from the following grape varieties : Grenache for fruity aromas and flavours, Mourvèdre for spiciness and Syrah for body. Blends vary from village to village and producer to producer.
- The additional word "Villages" means the wine is from designated vineyards where soil, weather and other conditions result in more concentrated wines of generally higher quality.

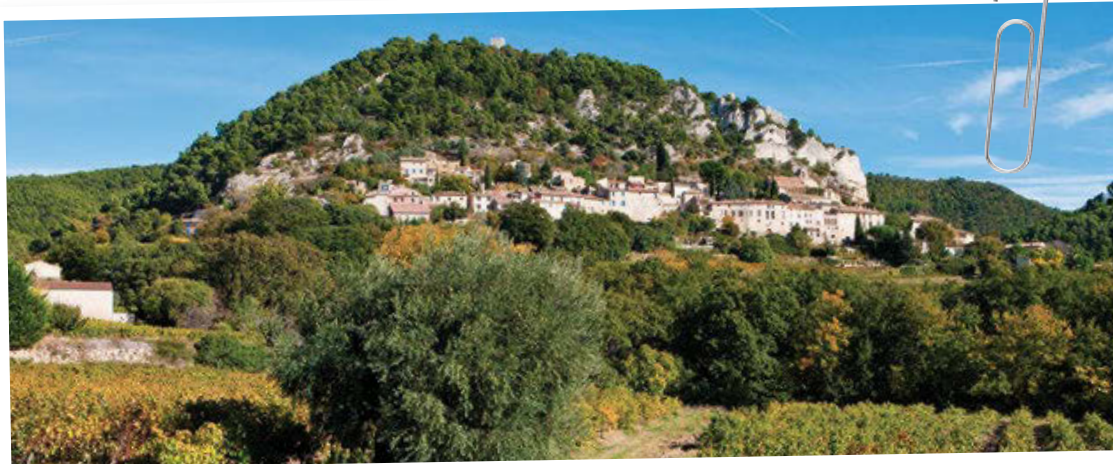
BUNS WITH A SOFT GOAT'S-CHEESE-AND-HONEY CENTRE

Makes 12 to 15 buns

2 eggs
100g flour
½ sachet baking powder
1 unflavoured yoghurt
3 soup-spoons of oil
A handful of pine kernels, roughly chopped
2 carrots, grated
100g Parmesan cheese
Honey (from Provence)
2 raw-milk goats' cheeses

- 1 Pre-heat the oven to 180°C/160°C/gas mark 4.
- 2 Beat the eggs, then add in (in this order) the flour, baking powder, yoghurt, oil, pine kernels, carrots and, last of all, the Parmesan.
- 3 Butter your moulds, unless they are made of silicon.
- 4 Fill them (in this order) with a layer of pastry, a piece of goat's cheese and a knob of honey. Finally, cover with another layer of pastry. Brown each bun with a pine kernel.
- 5 Place in the oven and cook for 20 minutes.
- 6 Remove from oven and let them cool a bit before freeing buns from the moulds.

Per Serving 269kcal, 17.6g fat (9.7g saturated), 13.8g carbs, 7g sugars, 14.6g protein, 0.5g fibre, 0.176g sodium



POTTED PORK (RILLETTES) AND HAZELNUTS ON TOAST

Serves 10

Olive oil
1 shallot, finely chopped
1kg rindless, boneless pork belly, cut into cubes
1 glass Côtes du Rhône Blanc
1 bouquet garni
50g hazelnuts, roughly chopped
1 garlic clove, crushed
Fresh parsley, chopped
100g softened butter

- 1 Pour a little olive oil into a casserole. Brown the shallot with the pieces of pork belly.
- 2 Take the meat out of the casserole and refresh with a glass

of Côtes du Rhône Blanc. Return the pork and all its juices to the casserole.

3 Cover the pork with water and add the bouquet garni, hazelnuts and garlic.

4 Leave to cook for three hours over a medium flame. Add water if necessary.

5 Remove the casserole and allow it to cool for 15 minutes.

6 Use two forks to shred the meat very finely. Add the parsley and mix the two items together. You can also combine them with some softened butter.

7 Your rillettes are ready. Set them aside in a cool place.

8 Use soft white bread for making your toast.

Per Serving 590kcal, 39.5g fat (17.1g saturated), 1.9g carbs, 0g sugars, 47.1g protein, 0.5g fibre, 1.676g sodium



rhone-wines.com

CÔTES DU RHÔNE AND RHÔNE VALLEY AOC WINES

For more information on Rhône Valley wines please visit: www.rhone-wines.com or their Facebook page facebook.com/RhoneValleyWines

5 WAYS WITH HOT PARTY FOOD



CREAMY MUSHROOM TOAST CUPS

Preheat the oven to 180°C/160°C fan/gas mark 4. In a small pan, combine 350ml of milk, 6-8 black peppercorns and 1 sliced shallot. Bring to the boil, then remove from heat and stand for five minutes. Melt 30g of butter in a medium pan and add two sliced onions. Cook for 3-4 minutes, add 500g sliced mushrooms and cook until soft. Set aside. Using the same pan over a medium heat, heat 60g butter until foaming. Add 30g of flour and stir until smooth. Gradually strain in the milk and allow to boil and thicken. Add 100g of grated Parmesan and stir to melt. Add four tablespoons of sour cream and the mushrooms, season and stir. Flatten 18 slices of bread with a rolling pin. Grease two muffin tins with butter, then push a slice into each cup. Bake for 2-3 minutes, then fill each toast cup with mushroom filling and cook for 15 minutes until golden. Top with chopped chives.

Makes
16

GREEK LAMB KEBAB BITES

In a ziplock bag, place two tablespoons of olive oil, two crushed garlic cloves, salt and black pepper, half a teaspoon each of

Makes
about 20

dried dill and oregano, and the zest and juice of one lemon. Add 500g diced lean lamb and mix together. Seal the bag and marinate in the fridge for at least two hours. Remove the lamb from the bag and skewer the lamb pieces. Brush the remaining marinade on top and grill the kebabs until thoroughly cooked. Remove from the skewers and place one piece of lamb on each cocktail stick with one cherry tomato, one piece of red onion and one piece of cucumber. Great served with minted yoghurt.

ASIAN MEATBALLS

Lightly oil a baking tray and preheat the oven to 180°C/160°C fan/gas mark 4. Mix 900g minced pork in a bowl with two crushed garlic cloves, half an inch of grated root ginger, a small handful of chopped coriander, one egg, 100g breadcrumbs and salt and pepper. Roll into small 3cm-wide meatballs and bake on a tray for 13-15 minutes. In a small pot, combine three tablespoons hoisin sauce, four tablespoons rice wine vinegar, two crushed garlic cloves, four tablespoons of honey, 100ml soy sauce and four tablespoons of sweet chilli sauce. Bring to a boil for a minute and remove from heat. When the meatballs are ready, gently toss them in the sauce and serve on wooden forks.

Makes
about 20

CRANBERRY CAMEMBERT LOLLIPOPS

Preheat the oven to 190°C/170°C fan/gas mark 5. Cut two sheets of puff pastry into 24 rectangles each. Egg-wash half of the small rectangles, then place a popsicle stick halfway up each one and press in gently. Place a small slice of Camembert on top of each lollipop stick and top with half a teaspoon of cranberry sauce. Top these with the remaining 24 rectangles of puff pastry. Use a fork to crimp the edges together to seal well and prick the tops lightly with a fork. Place the lollipops on a parchment-lined baking tray, brush with more egg wash and sprinkle with sea salt. Bake for 12-14 minutes or until golden brown, then allow to cool for 3-4 minutes before serving.

Makes
24

MINIATURE BAKED POTATOES

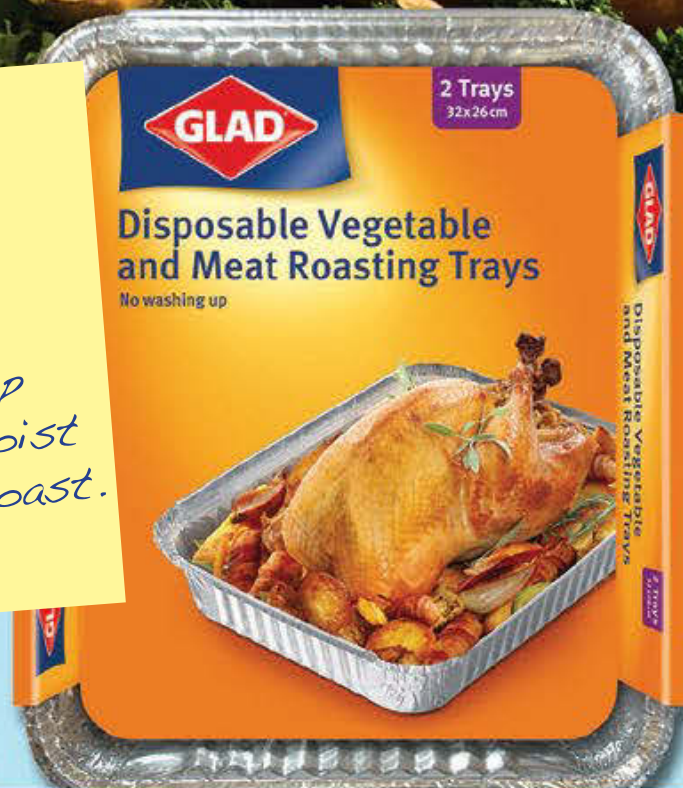
Preheat the oven to 190°C/170°C fan/gas mark 5. Prick 500g baby new potatoes with a fork and place in a bowl. Drizzle with olive oil, sprinkle generously with sea salt and toss to coat. Arrange on a baking tray and bake for one hour. Allow to cool for 10-15 minutes, then cut a small cross in the top of each and pinch the bases to open a little. Top each one with a teaspoon of sour cream, some black pepper, a sprinkling of chives and some crispy bacon pieces (optional.) Serve hot.

Makes
10-12

GLAD Tidings. Three ways to make the perfect Christmas dinner.

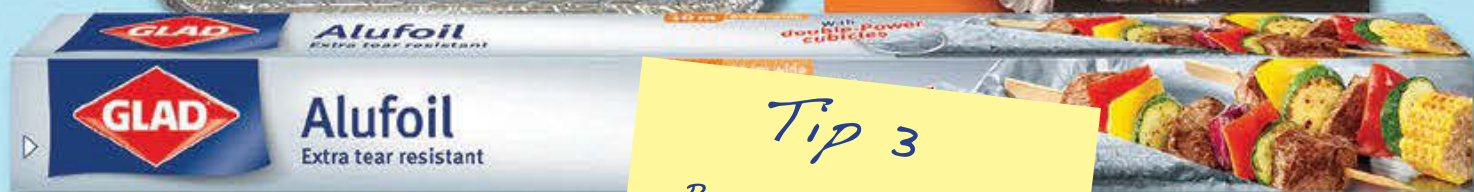
Tip 1

Place a little water in the roasting tray. This will help maintain a moist succulent roast.



Tip 2

Using an oven bag will keep all those flavours and juices locked in. A perfect result every time.

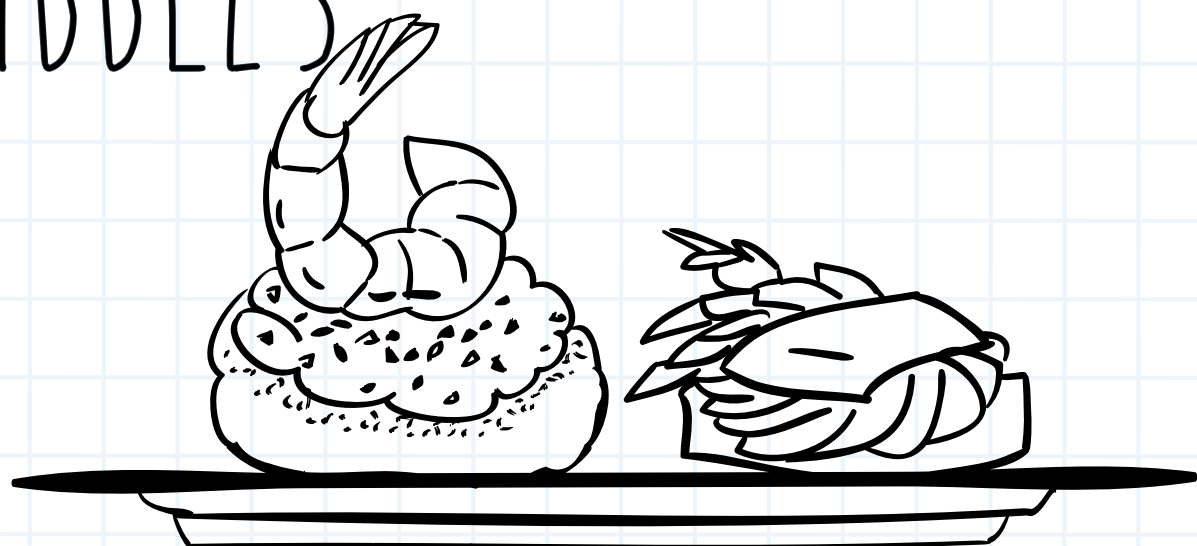


Tip 3

Brush the joint with butter, then cover with Alufoil. Later reuse the Alufoil to maintain the heat while the joint rests.



5 WAYS WITH QUICK NIBBLES



BACON JAM AND FETA CROSTINI

Cook and drain 450g bacon until crispy, then crumble into pieces.

Place in a large pan, with 400g tinned chopped tomatoes, 200g sugar, one cored, peeled and diced Granny Smith apple, two diced shallots, three tablespoons of apple cider vinegar, salt and pepper. Bring to the boil over a medium heat and cook for 14-16 minutes, stirring often, until the apples are soft and the majority of the liquid has evaporated. Cool for 10-12 minutes. Toast slices of baguette and spread with the bacon jam. Top with crumbled Feta.

Makes about 30

BLOODY MARY PRAWN COCKTAILS

In a large pan, bring 120ml water and 120ml vinegar to a boil. Add 20 large raw, cleaned prawns. Cover and cook for two minutes, then remove from the heat and allow to sit for another two minutes. Drain and cool. Whizz 400g tinned tomatoes in a food processor until smooth, then combine in a bowl with four tablespoons of horseradish sauce, two tablespoons of Worcestershire sauce, the juice of one lemon, four drops of Tabasco and salt

Makes 10

and pepper to taste. Add 90ml vodka and stir. Divide between 10 disposable shot glasses and top each one with two prawns and a small stick of celery.

HORSERADISH AND SMOKED MACKEREL TOASTS

Remove the skin and any bones from three hot-smoked mackerel fillets.

Flake most of the fish into a food processor with 150g cream cheese, 100g crème fraîche and three teaspoons of horseradish sauce. Whizz until smooth. Add lots of black pepper and lemon juice to taste, then stir in the remaining fish, some chopped gherkins and a small handful of chopped dill. Serve spread on toasted slices of baguette, topped with a little dill to serve.

Makes about 24 toasts

GOAT'S CHEESE BEET "BRUSCHETTA"

Preheat the oven to 180°C/160°C fan/gas mark 4.

Wash four medium beetroots, then slice as thinly as possible. Toss in olive oil and lay in a single layer on a baking tray. Bake for 10 minutes, flip over and bake for another 7-10 minutes, being watchful so they don't burn. Reduce the heat

Makes about 40

to 110°C/90°C fan/gas mark ¼ and continue to bake for 1½-2 hours until crispy. Remove from the oven, toss with salt and set aside to cool. Meanwhile, combine 60g goat's cheese, half a tablespoon of milk and one teaspoon of honey in the bowl of a food processor. Whizz until the cheese takes on a fluffy texture. Add salt and pepper to taste. Just before serving, top each beet "toast" with some whipped goat cheese and a little cress.

CAESAR SALAD PARMESAN CUPS

Preheat oven to 190°C/170°C fan/gas mark 5.

Line a baking tray with parchment paper. Spread 25g portions of grated Parmesan cheese into thin, five-inch circles on the parchment. Bake for 4-5 minutes or until lightly golden. Cool for 15 seconds then use a thin spatula to lift cheese crisps and drape over the bottom of small upturned cups or bowls. Let cups cool completely. Repeat as needed. Fill the Parmesan cups with chopped cos lettuce, Caesar dressing and crispy bacon pieces. Add chopped anchovies or cooked shredded chicken if desired.

Easy to make for any number

easy holiday recipes

SIMPLE YET SENSATIONAL MEAL IDEAS



38-50

IN THIS SECTION

CHEESY DOES IT P.38

Delicious family meals
to see you through the
rest of December

CHRISTMAS FOOD MEMORIES P.44

The Easy Food Team
shares our most
meaningful Yuletide
recipes

Cheesy DOES IT

Hearty midweek meals to
enjoy throughout December



Brought to you by



Cheesy chicken and spinach sweet potatoes

Serves 4

3 sweet potatoes, washed

2 chicken fillets

4 tbsp olive oil

Juice from 1 lime

4 garlic cloves, crushed

1 tsp cumin

1 tsp chilli flakes

Salt and black pepper

150g frozen spinach, thawed

120g Dubliner Lighter Cheese, grated

To serve:

Green salad

1 Preheat the oven to 180°C/160°C/gas mark 4.

2 Prick each sweet potato a few times with a fork. Place them on a baking tray and bake for an hour, or until tender. When ready, cut them in half and allow to cool.

3 When the potatoes are halfway through cooking, place the chicken fillets in a baking dish. Rub them with olive oil and season with salt and pepper. Add to the oven for 30 minutes or until fully cooked, then shred with two forks. Cover with tin foil and set aside.

4 In a small bowl, combine the olive oil, lime juice, garlic, cumin, chilli flakes, salt and pepper. Set aside.

5 Put the spinach in a strainer and use clean hands to squeeze out all the excess water.

6 Turn the oven up to 200°C/180°C/gas mark 6. Use a spoon to scoop out the flesh of the sweet potatoes, leaving a ½cm layer intact so that the skins keep their shape.

7 In a bowl, mix the spinach, chicken, the lime and garlic oil and two-thirds of the Dubliner Cheese. Stuff the sweet potato skins with the chicken mixture. Top them with the remaining Dubliner Cheese and bake for 15 minutes or until the cheese has melted and the skins are hot and crisp. Serve with a green salad.

Per Serving 585kcal, 26.6g fat (8.4g saturated), 55.1g carbs, 1.2g sugars, 32.4g protein, 8.8g fibre, 0.258g sodium





Turkey chilli tortilla bowls

Serves 4

For the tortilla bowls:

Cooking spray

4 large flour tortillas

For the chilli:

1 tbsp olive oil

2 medium onions, chopped

500g turkey mince

3 garlic cloves, peeled and finely chopped

1–2 tsp hot chilli powder, depending on taste

2 tsp ground cumin

2 tsp ground coriander

400ml chicken stock

1 x 400g tin of chopped tomatoes

1 x 400g tin of mixed beans, drained and rinsed

4 tbsp tomato purée

2 tbsp balsamic vinegar

½ tsp sugar

1 tsp dried oregano

Salt and black pepper

To serve:

Dubliner Lighter Cheese

Sour cream

Salsa

Potato wedges

1 For the tortilla bowls, preheat the oven to 190°C/170°C fan/gas mark 5. Invert four oven-proof bowls onto baking trays and spray with cooking spray. Press the tortillas around the outsides of the bowls and bake for 14-16 minutes until golden brown and crisp.

2 Heat the oil in a large pan over a medium heat and add the onions. Cook for 2-3 minutes, then add the turkey. Use a wooden spoon to break up the lumps in the mince and cook for five minutes. Add the garlic,

chilli powder, cumin and coriander and cook together for 1–2 minutes.

3 Add the stock and the tomatoes and stir to combine. Add the beans, tomato purée, balsamic, sugar and oregano, and season.

4 Bring to a simmer, then cover loosely with a lid. Reduce the heat and leave to cook gently for 45 minutes, stirring occasionally. Taste and adjust the seasoning.

5 Divide into the tortilla bowls and top each with a generous handful of Dubliner Lighter. Add a dollop of sour cream and salsa to each bowl and serve with chunky potato wedges.

Per Serving 500kcal, 18.3g fat (6g saturated), 41.2g carbs, 8g sugars, 43.7 protein, 9.6g fibre, 0.664g sodium



Spicy bean and cheese burgers

Serves 4

200g baby leaf spinach

1 tbsp olive oil

1 large onion, chopped

2 garlic cloves, crushed

1 green chilli pepper, finely chopped

1 red pepper, chopped

1 x 400g tin of cannellini beans, drained and rinsed

50g dried white breadcrumbs

1 small handful of fresh coriander, chopped

75g Dubliner Lighter Cheese

1 egg, beaten

Salt and black pepper

2 tbsp vegetable oil

To serve:

Wholemeal baps, toasted

Tomato relish

Sliced tomatoes

Crunchy lettuce

Easy Food RECOMMENDS

The award-winning Dubliner Cheese Original, Vintage and Lighter range has been revitalised with a fresh contemporary look and the new packs are on shelf now. All are perfect options for the festive season, particularly Dubliner Vintage, which is a delicious strong tasting cheese that boasts a full bodied sweet and nutty flavour with a lingering aftertaste! How could anyone resist such exquisite tastiness on Christmas Day, St. Stephen's Day or, in fact, any other day over the festive period? 100% natural, the Dubliner Cheese range has no additives or preservatives and is suitable for vegetarians, coeliacs and diabetics - the perfect choice for the entire family.

- 1** Place the spinach in a colander and pour over a kettleful of boiling water to wilt it.
- 2** Heat the olive oil in a large pan and cook the onion for 3-4 minutes. Add the garlic, chilli and red pepper and cook for another 1-2 minutes until the onion has softened but not coloured.
- 3** Meanwhile, place the cannellini beans in a large bowl and mash with a fork until they form a chunky purée.
- 4** Squeeze the spinach to get rid of all the excess water, then chop it roughly and add it to the beans along with the onion mixture, breadcrumbs, coriander, Dubliner Cheese and egg. Stir to combine. Taste and season with salt and lots of black pepper.
- 5** Shape the mixture into four evenly-sized patties. Refrigerate for 20-30 minutes.
- 6** Heat the vegetable oil in a large pan over a medium-high heat and cook the burgers for 6-8 minutes on each side until golden brown. Serve piled onto wholemeal baps spread with tomato relish, and top with tomato slices and crunchy lettuce.

Per Serving 688kcal, 19.3g fat (6.2g saturated), 91.5g carbs, 6.8g sugars, 39g protein, 29.9g fibre, 0.229g sodium





Roasted ratatouille lasagne

Serves 4-6

For the marinara sauce:

- 1 tbsp extra-virgin olive oil**
- 1 x 400g tin of chopped tomatoes**
- 2 garlic cloves, finely sliced**
- 1 pinch dried chilli flakes**
- ½ tsp dried oregano, more to taste**
- 1 tsp salt**
- 1 pinch of sugar**
- 1 sprig of fresh basil**

For the lasagne:

- 1 medium aubergine, chopped**
- 1 large courgette, chopped**
- 150g button mushrooms, quartered**
- 1 red pepper, deseeded and chopped**
- ½ a red onion, chopped**
- 3 garlic cloves, crushed**
- 3 tbsp olive oil**
- 1 tbsp basil**
- 1 tsp oregano**
- Salt and black pepper**
- Oven-ready lasagne sheets**
- 200g Dubliner Original Cheese, grated**

For the cheese sauce:

- 25g butter**
- 25g plain flour**
- 600ml milk**
- Salt and white pepper**
- 80g Dubliner Original Cheese, grated**

To serve:

Green salad

- 1** For the marinara sauce, heat the oil in a pan over a medium heat and add the garlic. When sizzling, add the remaining sauce ingredients and stir to combine. Simmer for 15 minutes, then discard the basil.
- 2** Meanwhile, preheat the oven to

- 230°C/210°C fan/gas mark 8. In a bowl, toss the vegetables with the olive oil, basil and oregano, then season. Arrange on baking trays and roast for 10 minutes. In a large bowl, mix the vegetables with the marinara.
- 3** For the cheese sauce, melt the butter in a medium pan. Whisk in the flour and continue to whisk for 3-4 minutes.
- 4** Remove from the heat and gradually whisk in the milk to get a smooth sauce. Return to the heat and, stirring, bring to the boil.
- 5** Turn down to a simmer. Cook for 8-10 minutes and season with salt and white pepper. Stir in the Dubliner Cheese and let it melt, but don't let it boil again. Lower the oven to 180°C/160°C fan/gas mark 4.
- 6** Assemble the lasagne in a 20cm square baking dish. Spread a layer of marinara vegetables over the bottom of the dish.
- 7** Arrange a layer of pasta sheets on top, trimming as necessary. Top with more vegetables and some cheese sauce. Continue layering up to the top of the dish, finishing with any marinara sauce left in the bowl.
- 8** Press everything down to coat the pasta in liquid. Top with a layer of Dubliner Cheese.
- 9** Wrap the dish in tin foil and place on a tray. Bake for 30 minutes until the edges are bubbling. Remove the foil, turn the oven up to 230°C/210°C fan/gas mark 8 and bake for five minutes until the cheese is golden.
- 10** Rest for 5-6 minutes. Serve with salad.

Per Serving 497kcal, 19.7g fat (7.6g saturated), 60.5g carbs, 12.9g sugars, 22.6g protein, 7.1g fibre, 0.769g sodium



Cheesy prosciutto twists

Makes 20

- 500g puff pastry**
- 1 egg yolk, beaten with 1 tsp water**
- 3 thin slices of prosciutto, cut into strips**
- 60g Dubliner Vintage Cheese, grated**

Easy Food RECOMMENDS

Looking for a lighter cheese option this festive season? Why not try Dubliner Lighter, which has '33% Less Fat'.

The full flavoured reduced fat Dubliner Lighter range recently got a new look and now features exceptionally rich pack colours that make it easier to spot the cheese on shelf. The rich colour tones combined with the quality heritage of the Dubliner name creates a powerful full-taste, low-fat choice which can be enjoyed by everyone! Dubliner Lighter is 100% natural and has no additives or preservatives.

2 tsp dried thyme or rosemary Black pepper

- 1** Preheat the oven to 200°C/180°C/gas mark 6 and line two large baking trays with parchment paper.
- 2** On a lightly floured surface, divide the puff pastry in half and roll out into two squares, each measuring around 10 x 10 inches.
- 3** Brush both squares with egg wash. Lay the strips of prosciutto over one of the sheets of pastry, then top with the grated Dubliner Cheese and herbs. Season with the pepper.
- 4** Flip the second puff pastry square over the filling, egg side down. Roll a rolling pin over to seal both layers to the filling. Use a sharp pizza wheel to cut into 1cm-wide strips.
- 6** Holding both ends, twist each strip into a spiral and transfer to the prepared baking trays. Use a tiny amount of the egg wash to press both ends of each straw onto the baking tray to prevent them from untwisting.
- 7** Place the trays on the centre rack in the oven and cook for 18-20 minutes or until puffed and golden. Cool the straws on a wire rack for 4-5 minutes and then serve warm.

Per Serving 153kcal, 10.3g fat (2.7g saturated), 11.6g carbs, 0g sugars, 3.4g protein, 0g fibre, 0.136g sodium





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Top Tip

Slice each cake round into thinner layers, adding a layer of icing on each one as you stack them, for a multi-layered, colourful effect like this (below)!





Top Tip
Powdered
food colouring
provides a
deeper colour.

Kenwood kMix Machine: Kitchen Machine

RED LAYER CAKE

Serves 12-14

For the cake mixture:

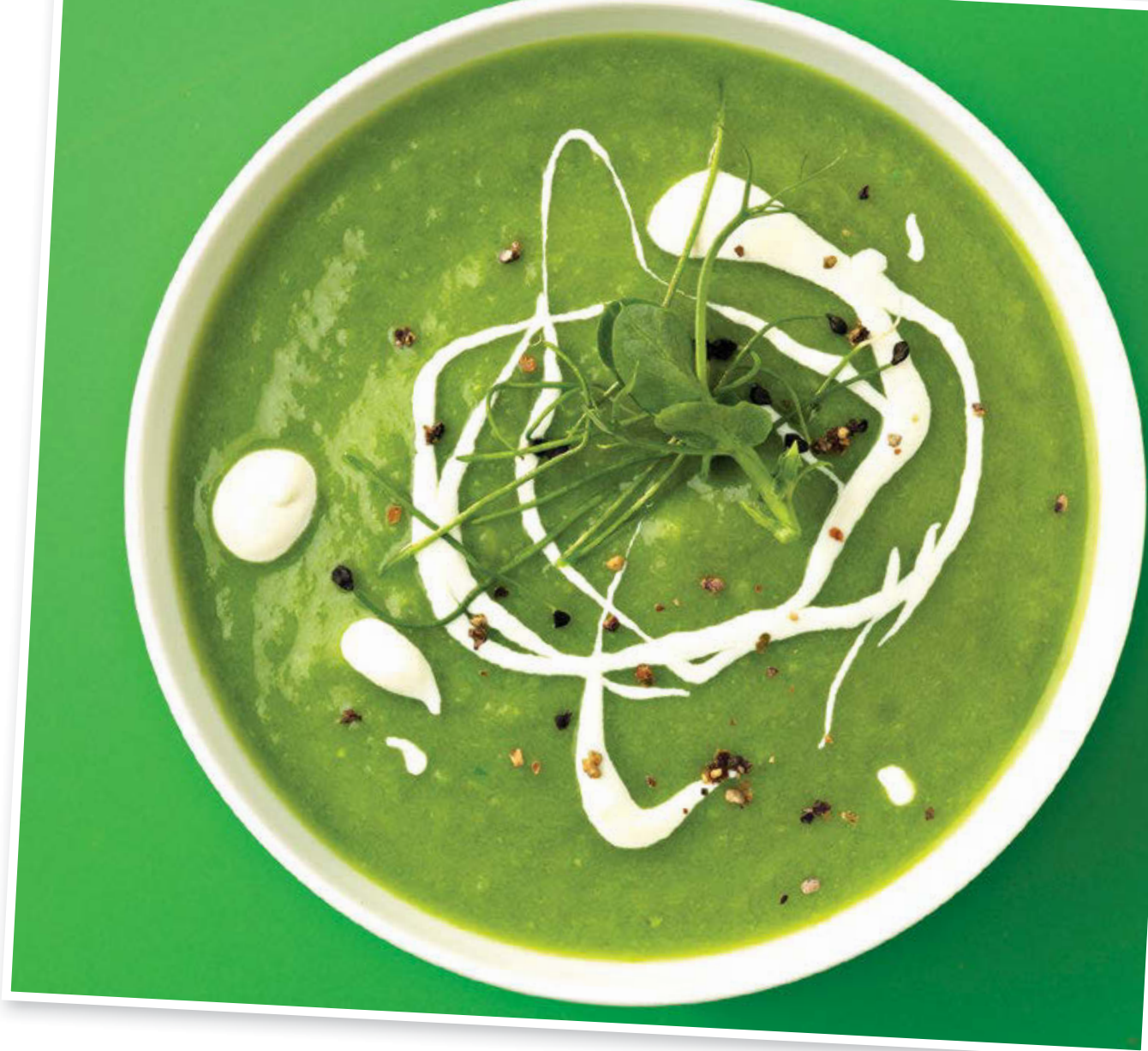
- 150g egg whites**
- 240ml milk**
- 2 tsp vanilla extracts**
- 300g plain flour**
- 300g sugar**
- 4 tsp baking powder**
- ¾ tsp salt**
- 170g unsalted butter, at room temperature**
- 2 tsp red food colouring**

For the filling:

- 450g cream cheese, at room temperature**
- 250g unsalted butter, at room temperature**
- 115g icing sugar**
- 1 tsp vanilla extract**

- 1 Preheat the oven to 170°C/150°C fan/gas mark 3 and grease two 9-inch cake tins.
- 2 Add the egg whites, 120ml of the milk and the vanilla extract to the bowl, attach the whisk and whisk on speed 5 for one minute.
- 3 Remove from the bowl and reserve.
- 4 Add the flour, sugar, baking powder and salt to the bowl, attach the creaming beater and mix on speed 1 until combined.
- 5 Add the remaining milk to the mixture and mix again on a low speed until combined.
- 6 Cut the butter into small cubes and with the machine running on a low speed add them to the bowl.
- 7 Increase the speed to 4 and mix for 3-5 minutes.
- 8 Lower the speed and slowly add the reserved egg mixture (this should take about three minutes – if the mixture looks like it is about to split, add a couple of tablespoons of flour).

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- 9 Add the food colouring to the mix.
- 10 Divide the mixture between the two tins. Bake in the oven for about 40-50 minutes.
- 11 Take the cakes out and leave to cool on a wire rack. Leave for 12 hours before cutting.
- 12 To make the icing, add the cream cheese and butter to the bowl and attach the creaming beater. Mix on a high speed until combined.
- 13 Turn the speed down and gradually add the icing sugar and butter, mix until combined.
- 14 Spread one of the cakes with the icing and then place the other cake on top to sandwich them together. Spread the remaining icing around the top and sides.

Per Serving 625kcal, 42.2g fat (26.5g saturated), 56.7g carbs, 35.7g sugars, 7.8g protein, 0.7g fibre, 0.493g sodium



VIBRANT PEA SOUP

Serves 4

- 1 medium onion**
- 2 celery sticks**
- 2 tbsp oil**
- 300g potatoes**
- 1l vegetable stock**
- 6 mint leaves**
- 300g frozen peas, defrosted**
- Salt and black pepper to taste**
- 50ml double cream**

- 1 Slice the onion, celery and potatoes into small pieces.
- 2 Heat the oil in a small saucepan over a medium heat, and add the onion and celery and cook for five minutes.
- 3 Add the potatoes and vegetable stock to the pan and bring to the boil.
- 4 Turn the temperature down slightly and cook for 15 minutes, or until the potatoes pieces are cooked.
- 5 Add the mint and peas and give the soup a stir.
- 6 Remove from the heat and purée the soup with the hand blender. Blend until smooth, or until the soup reaches the desired consistency.
- 7 Taste, and adjust the seasoning.
- 8 Pour into soup bowls and decorate with double cream.

Kenwood kMix Machine: Hand Blender

Per Serving 245kcal, 12.5g fat (4g saturated), 27.9g carbs, 6.5g sugars, 6.8g protein, 7.8g fibre, 0.886g sodium



Christmas FOOD MEMORIES

The Easy Food team share their favourite festive food memories and the recipes associated with them



"This is my granny's recipe. Every Christmas Eve, the whole family would head to her house and tuck into this Christmas pudding with cups of tea, while we watched the Christmas soaps on the telly. My granny is sadly no longer with us, but these days my aunt has taken on the role of making the pudding."

– Nikki Kennedy, Lead Designer

Traditional Christmas pudding

Serves 6-8

For the pudding:

450g dried mixed fruit (a mixture of sultanas, raisins and apricots)

1 small cooking apple, peeled, cored and roughly chopped

Juice and zest of 1 orange

3 tbsp brandy, sherry, or rum, plus extra for flaming

75g butter, softened, plus extra for greasing

100g light muscovado sugar

2 free-range eggs

100g self-raising flour

1 tsp mixed spice

40g fresh white breadcrumbs

40g whole shelled almonds, roughly chopped

For the brandy butter:

100g unsalted butter, softened

225g icing sugar, sieved

3 tbsp brandy, rum or cognac

To serve:

4 tbsp brandy or rum

1 Measure the sultanas, raisins, apricots and apple into a bowl with the orange juice. Add the measured brandy (rum or sherry), stir and leave to marinate for about one hour.

2 Put the measured butter, sugar and orange zest into a large bowl and cream together with a wooden spoon or a hand-held whisk until light and fluffy. Gradually beat in the eggs, adding a little of the measured flour if the mixture begins to curdle.

3 Sift together the flour and mixed spice, then fold into the creamed mixture with the breadcrumbs and almonds. Add the soaked dried fruits with their liquid and stir well.

4 Generously butter a 1.4 litre pudding basin. Cut a small disc of foil or baking parchment and press into the base.

5 Spoon the mixture into the prepared basin and press down with the back of a spoon. Cover with a layer of baking parchment paper and foil, both pleated across the middle to allow for expansion. Tie securely with string and trim off excess paper and foil.

6 Put a metal jam jar lid into the base of a large pan to act as a trivet. Place a long, doubled strip of foil in the pan, between the trivet and the pudding basin, ensuring the ends of the strip reach up and hang over the edges of the pan. This will help you to lift the



"Christmas in the United States is all about cookies! There's nothing like spending an afternoon baking batch after batch of Christmas cookies, which are shared with friends, neighbours and family. These thumbprint cookies have always been the family favourite. As soon as they're spotted on one of the many tiered dessert stands at our big Christmas dinner, one of my aunts will inevitably say, 'Oooh someone made the thumbprints!' I wouldn't want to imagine what would happen if they didn't turn up one year!" – Caroline Gray, Food Content Manager

heavy pudding basin out of the pan of hot water when it has finished cooking.

7 Lower the pudding onto the trivet and pour in enough boiling water to come half way up the side of the bowl. Cover with a lid, bring the water back to the boil, then simmer for seven hours, until the pudding is deep brown in colour, topping up the water as necessary.

8 For the brandy butter, place the butter into a mixing bowl and cream with an electric mixer until light and fluffy. Beat in the sieved icing sugar until smooth, then add brandy, rum or cognac, to taste. Spoon into a serving dish, cover and set aside in the fridge.

Per Serving 511kcal, 21.9g fat (11.9g saturated), 71.6g carbs, 43.1g sugars, 5.4g protein, 2.8g fibre, 0.187g sodium



Thumbprint cookies

Makes 24

1 egg

100g butter, softened

50g brown sugar

½ tsp vanilla extract

120g plain flour

¼ tsp salt

60g walnuts, finely chopped

180g raspberry jam

1 Preheat the oven to 150°C/130°C fan/gas mark 2. Separate the egg, reserving the egg white in a bowl. Beat the butter, brown sugar and egg yolk in a mixing bowl until combined.

2 Beat in the vanilla, flour and salt.

3 Shape the dough into small balls. Roll each ball in the egg white, then in the walnut pieces until evenly coated.

4 Place the dough balls on a baking tray and bake for five minutes.

5 Remove the trays from the oven and use your thumb (or the bottom of a wooden spoon) to make an indentation in the centre of each.

6 Spoon a bit of raspberry jam into the indentation and bake for eight minutes until set.

Per Serving 99kcal, 5.1g fat (2.3g saturated), 12.6g carbs, 6.6g sugars, 1.4g protein, 0g fibre, 0.051g sodium





"Myself and my best mate Jules have just celebrated 20 years of friendship and baking a Camembert is one of our long-time favourite traditions during the cold winter months. Whether it's just the two of us or we're hosting our annual Christmas girls' night, it's so easy to make but oozy, warm and deliciously decadent. Perfect for curling up by the fire with a few glasses of red wine and a movie!"

– Jocelyn Doyle, Editorial Assistant



Baked Camembert

Serves 4

1 x 250g wheel of Camembert in a wooden box

1-2 sprigs of fresh rosemary

1 garlic clove, finely sliced

Olive oil

1 Preheat the oven to 180°/160°C fan/gas mark 4.

2 Remove the Camembert from its box, unwrap it and place it back into the box. Use a sharp knife to cut a circle around the top of the cheese, about ½ cm from the edge, and cut off the top layer of skin within that circle.

3 Push the garlic and the rosemary into the top of the cheese and drizzle with olive oil.

4 Place in the hot oven and bake for 18-20 minutes, until the cheese has melted into a mini-fondue. Serve with lots of crusty bread for dipping.

Per Serving 232kcal, 21.4g fat (7.2g saturated), 0.2g carbs, 0g sugars, 11.2g protein, 0g fibre, 0.38g sodium



Warm prawn cocktail

Serves 4

For the homemade mayonnaise:

½ small garlic clove, peeled

Sea salt and freshly ground black pepper

2 large, free-range egg yolks

½ tsp English mustard

1 tsp cider vinegar

175ml sunflower oil

75ml extra-virgin olive oil (or rapeseed oil)

1½ tbsp tomato ketchup (or to your taste)

Salt and black pepper

Chilli flakes (optional)

1-2 tbsp olive oil

400g uncooked, shelled prawns

200g baby spinach leaves

100g watercress

Juice of 1 lime

2 avocados, peeled, de-cored and sliced

A small handful of sundried tomatoes, drained and sliced

Paprika, for dusting

1 First make the mayonnaise. Crush the garlic to a paste with a good pinch of salt, then thoroughly combine in a bowl with the egg yolks, mustard, vinegar and some pepper.

2 Combine the oils in a jug, then slowly start whisking into the egg mix, a few drops at

a time to start with, then in small dashes, whisking in each addition so it is properly amalgamated, before adding the next. By the time you've added all the oil, you should have a thick, glossy, wobbly mayonnaise that holds its shape. Taste and add more salt, pepper, mustard or vinegar if you like. If the mayonnaise seems too thick, stir in a tablespoon or two of warm water.

3 To make the marie-rose sauce, add the ketchup to the mayonnaise and season with salt and black pepper. Add chilli flakes to your taste, if using. If you like the sauce sweeter,

add more ketchup and stir until combined.

4 Heat the oil in a large pan over a high heat, add the prawns and cook for 4-5mins or until they turn pink. Drain them on kitchen paper and set them aside.

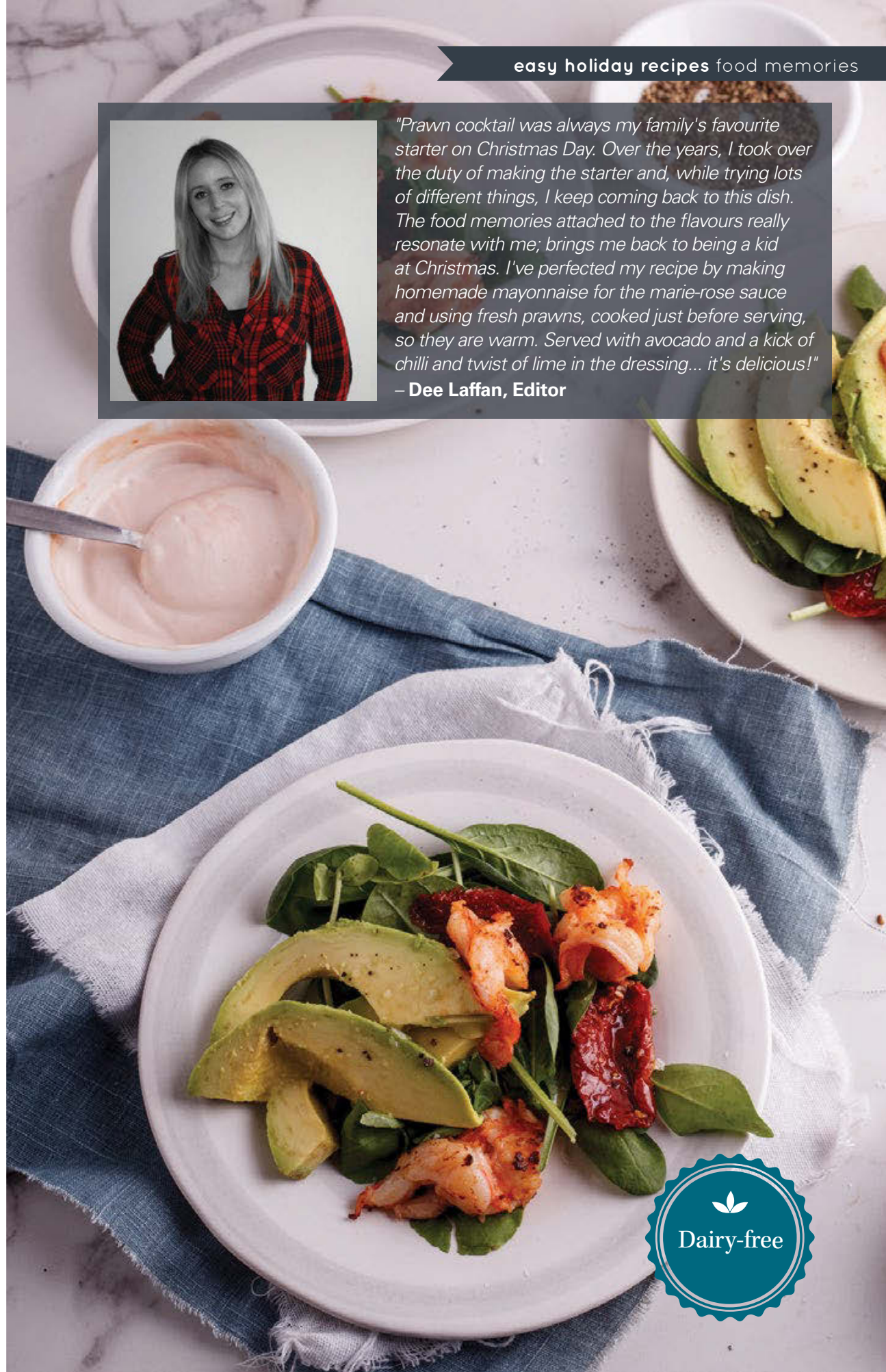
5 Toss spinach leaves and watercress in a bowl with lime juice. Split the leaves between four serving plates, add avocados, sundried tomatoes and prawns. Top with some marie-rose sauce and dust with paprika.

Per Serving 971kcal, 90.3g fat (13.1g saturated), 18.1g carbs, 4.9g sugars, 29.4g protein, 9.1g fibre, 0.529g sodium



"Prawn cocktail was always my family's favourite starter on Christmas Day. Over the years, I took over the duty of making the starter and, while trying lots of different things, I keep coming back to this dish. The food memories attached to the flavours really resonate with me; brings me back to being a kid at Christmas. I've perfected my recipe by making homemade mayonnaise for the marie-rose sauce and using fresh prawns, cooked just before serving, so they are warm. Served with avocado and a kick of chilli and twist of lime in the dressing... it's delicious!"

– Dee Laffan, Editor





"I never liked Brussels sprouts until I tasted this dish. I was at a cookery demonstration in Ballyknocken Cookery School and Catherine Fulvio made it for us. It was absolutely delicious! My recipe is a twist on hers as she used butterbeans, but I prefer chickpeas. I make this every year now and my family love it. It's become a tradition."

– Stephen Pearson, Sales manager

Parmesan Brussels sprouts

Serves 4

60g butter

300g Brussels sprouts, trimmed and halved lengthwise

1 garlic clove, chopped

200ml chicken stock

1 x 400g tin of chickpeas, drained

45g Parmesan, grated

Salt and black pepper

1 Melt half of the butter in a deep-sided frying pan and add the Brussels sprouts. Cook for five minutes, stirring occasionally,

until browned. You can do this in batches depending on the size of your pan.

2 Add the garlic and cook for 30 seconds until fragrant.

3 Pour in the chicken stock and cook for three minutes until the sprouts are tender.

4 Add the chickpeas and remaining butter stirring until the butter melts and the sauce is reduced to a glaze.

5 Stir in the Parmesan and season with salt and pepper.

Per Serving 361kcal, 18g fat (9.8g saturated), 38g carbs, 7.1g sugars, 16.2g protein, 11.5g fibre, 0.383g sodium



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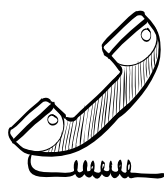
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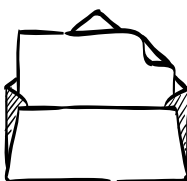
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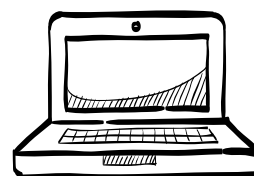
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christmas baking

TREATS TO WARM THE HOME



52-70

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Paul Callaghan shows us a fun take on a Christmas dessert

PASTRY *Party*

These sweet and savoury pastries are the perfect finger foods for any festive occasion



Mini lemon curd tartlets

Makes 12

Butter, for greasing

1½ sheets of frozen ready-prepared shortcrust pastry, partially thawed

For the lemon curd:

1 whole egg

1 egg yolk

40g caster sugar

1 tsp lemon zest, finely grated

2 tbsp lemon juice

50g butter, chopped

To decorate:

100g dark chocolate

Lemon zest, grated, to decorate

1 In a heavy-based pan, whisk together the whole egg, yolk, sugar, lemon zest and lemon juice. Add the butter and place over a medium heat. Cook, whisking, for 7-8 minutes until the mixture coats the back of a wooden spoon. Remove from the heat and stand for five minutes. Pour into a bowl, cover and set aside.

2 Meanwhile, lightly grease a 12-hole mini muffin tin with butter. Roll out the pastry onto a lightly-floured work surface and use a 5cm round pastry cutter to cut out 12 circles. Press the rounds into the muffin tin and pierce each base with a fork. Freeze for 15 minutes.

3 Preheat the oven to 180°C/160°C fan/gas mark 4. Bake the pastry cases for 10 minutes, then cut small circles of parchment paper and put one in each pastry case. Fill each one with baking beans or uncooked rice. Bake for another 10-15 minutes until lightly golden. Remove and cool in the tin for 10 minutes, then transfer to a wire rack.

4 For the decoration, melt the dark chocolate in a heatproof bowl over a pan of simmering water. Spoon the chocolate into a Ziplock bag and cut off one of the bottom corners. Pipe the melted chocolate onto a sheet of parchment paper in any shape or design you like, then place the sheet into the fridge to harden.

5 When the cases are cool, spoon some of the lemon curd into each one. Top each one with a little lemon zest and a chocolate squiggle.

Per Serving 279kcal, 18.2g fat (4.1g saturated), 26g carbs, 7.7g sugars, 3.4g protein, 0.7g fibre, 0.037g sodium



Cinnamon rolls

Makes 24

6 tbsp light brown sugar



4 tbsp sugar

2 tsp cinnamon

250g ready-prepared frozen puff pastry, thawed

30g butter, melted

For the glaze:

85g icing sugar

1½ tbsp double cream, plus more if needed

1 Preheat the oven to 200°C/180°C fan/gas mark 6. Lightly butter two 12-hole mini muffin tins. Mix together both sugars and the cinnamon in a small bowl and set aside.

2 On a lightly floured work surface, roll out the pastry so that the longer edge is facing you. Brush with half of the melted butter and then top with the cinnamon sugar, leaving a ½-cm border.

3 Roll the pastry up into a log, like a Swiss roll.

Brush the top with the remaining butter and slice into rolls about 1cm wide.

4 Place each roll cut-side down into one of the holes in the muffin tins. Bake for 18-20 minutes until the pastries are puffed and lightly golden. Remove from the oven and allow to cool, then run a sharp knife around the edges to remove the pastries from the tins.

5 For the glaze, place the icing sugar in a bowl. Add the cream little by little, whisking as you go, until the mixture is thick but still pourable. Drizzle over the cinnamon rolls and allow to set for 20 minutes.

Per Serving 100kcal, 5.3g fat (1.9g saturated), 12.6g carbs, 7.7g sugars, 0.8g protein, 0g fibre, 0.034g sodium





Top Tip
Use shop-bought
pastry to save
on time

Mini calzones

Makes 15-16

For the dough:

90ml warm water, plus more for kneading

1 heaped tbsp active dry yeast

Pinch of sugar

480g all-purpose flour

2 tbsp vegetable oil

½ tsp salt

For the filling:

2 tbsp extra-virgin olive oil

3 tbsp tomato purée

4 garlic cloves, crushed

½ tsp dried oregano

½ tsp dried chilli flakes

200g tinned diced tomatoes

250g Mozzarella (or Mozzarella and Cheddar blend), grated

1 tsp dried basil

Salt and pepper, to taste

To finish:

1 egg, beaten with 1 tsp water

1-2 tsp dried oregano, optional

- 1 Place the water, yeast and sugar in a measuring jug, stir to combine and rest for five minutes.
- 2 Place the flour, oil and salt in a large bowl. Pour the yeast into the bowl and mix with a wooden spoon. Gradually add more water a splash at a time, until a dough forms and the sides of the bowl are clean. Cover with a cloth and set in a warm place for one hour, until doubled in size.
- 3 Meanwhile, prepare the filling. Heat the oil in a pan over a medium heat. Add the tomato purée and cook for 2-3 minutes. Add the garlic, oregano and chilli flakes and cook for 1-2 minutes.
- 4 Add the diced tomatoes and their juice and cook for 10-15 minutes, or until thickened. Transfer to a heatproof bowl and refrigerate for 30 minutes.
- 5 When the sauce has chilled, stir in the cheese and basil. Season to taste and set aside.
- 6 Preheat the oven to 200°C/180°C fan/gas mark 6. Line a baking tray with parchment paper.
- 7 Turn out the dough onto a well-floured surface. Pinch off balls of dough the size of golf balls and roll out into small circles.
- 8 Place 2-3 tablespoons of filling onto each circle. Stretch and fold the dough over the filling, pinching at the seams to seal. Transfer to the baking tray.
- 9 Brush the tops of the calzones with the egg wash and sprinkle with oregano, if desired. Bake for 15 minutes or until golden. Serve warm.

Per Serving 197kcal, 6.9g fat (2.4g saturated), 25.4g carbs, 1.1g sugars, 8.5g protein, 1.3g fibre, 0.177g sodium



"These little calzones were very easy and turned out really well. The dough took longer than the recommended hour to double in size, but it was well worth waiting and I was glad I hadn't cheated and bought pastry as the homemade taste was far nicer. The sauce was easy and tasty, and the chilli added a subtle little kick. I had sauce left over so I paired it with chorizo and penne for a quick pasta dish. The only thing I would do differently next time is leave the oregano out of the glaze as it burned a tiny bit, but apart from that they were lovely!" – **Sinead Gavin**

Blue cheese and apple sausage rolls

Makes 14-16

6 good quality pork sausages, skins removed
75g blue cheese, such as Cashel Blue, crumbled

Black pepper

500g pack ready-made shortcrust pastry

120g apple sauce

1 large egg, beaten with 1 tsp water

1 Preheat the oven to 200°C/180°C fan/gas mark 6.

In a bowl, mix the sausage meat with the blue cheese. Season with black pepper.

2 On a lightly floured work surface, roll the pastry out into a square and cut in half down the middle.

3 Spread half of the apple sauce down the length of each pastry rectangle. On top of each strip of apple sauce, place half of the sausage meat.

4 Brush one edge of each strip with egg, then fold the pastry over the sausage meat and press the edges together. Seal by pressing with the back of a fork.

5 Brush with beaten egg, then cut each strip into 7-8 sausage rolls. Use a knife to cut a small slit on the top of each one.

6 Place on a baking tray and bake for 15-20 minutes until the pastry is crisp and golden and the sausage meat is cooked throughout.

Per Serving 199kcal, 13.5g fat (1.9g saturated), 14.7g carbs, 0.8g sugars, 4.8g protein, 0g fibre, 0.143g sodium



Top Tip
 Make ahead
 and freeze



Baked sweet potato samosas

Makes 8

For the pastry:

2 tbsp oil

225g plain flour

100ml warm water

1 tsp salt

For the filling:

4 tbsp vegetable oil

2 small onions, chopped

2 garlic cloves, crushed

1-inch piece of fresh ginger, grated

1-2 tsp hot chilli powder, to taste

2 green chillies, deseeded and finely chopped

2 medium sweet potatoes, peeled and chopped into small cubes

100g frozen peas

Small bunch coriander, leaves chopped

To serve:

Mango chutney

1 To make the pastry, combine the oil, flour, warm water and salt in a bowl and mix to form a dough. Knead for 2-3 minutes, then cover the bowl with a clean tea towel and leave to rest for 30 minutes.

2 For the filling, heat half of the oil in a pan and cook the onions, garlic, ginger and chilli together for one minute, then add the sweet potatoes. Cook over a low heat, stirring often, until the potatoes are cooked through. If they begin to stick during this time, add a splash of water.

3 Add the peas and cook for 2-3 minutes, then stir in the coriander. Season well and leave to cool.

4 Preheat the oven to 200°C/180°C fan/gas

mark 6. Turn the dough out onto a lightly-floured surface and divide into eight balls. Roll each ball out into a thin circle, then cut each circle in half.

5 Use your finger to brush a little water along the straight edge of each semi-circle. Pick one up in your hand and bring the two corners together. Use your fingers to seal along the straight edge so that the pastry forms a small cone. Fill with a spoon or two of the potato mixture and seal closed with water. Place the samosa on a baking tray. Repeat with the remaining pastry and filling.

6 Brush the samosas on all sides with the remaining oil. Bake for 20 minutes or until golden. Serve with mango chutney.

Per Serving 265kcal, 10.7g fat (1.8g saturated), 37g carbs, 2g sugars, 4.6g protein, 3.9g fibre, 0.304g sodium



Egg-free

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Festively FANCY

Pull out all the stops with these beautiful baked goods

Snow queen white Christmas cake

Serves 16-20

350g lightly salted butter, softened
350g caster sugar
6 medium eggs, beaten
Dr. Oetker Madagascan Vanilla Grinder
450g mixed dried cranberries and chopped multi-coloured glace cherries
375g plain flour
75g cornflour
2 tsp (2 sachets) Dr. Oetker Baking Powder

To decorate:

2 tbsp clear runny honey
450g Dr. Oetker Ready to Roll Marzipan
475g icing sugar + extra to dust
2 sachets Dr. Oetker Egg White Powder or 2 medium egg whites
1 tsp Dr. Oetker Madagascan Vanilla Extract
1 tsp Dr. Oetker Glycerine

9 sprigs fresh rosemary
Dr. Oetker Silver Shimmer Spray
100g pomegranate seeds

- 1 Preheat the oven to 170°C/150°C fan/gas mark 3. Grease and double line a deep 20cm round cake tin with baking parchment. Put the butter and sugar in a mixing bowl and beat until light and creamy. Beat in the eggs and add 5 or 6 turns of the Vanilla Grinder. Stir in the fruit.
- 2 Sieve the flour, cornflour and Baking Powder on top. Using a large metal spoon, gently fold all the ingredients together until well blended.
- 3 Spoon the mixture into the tin, smooth the top, and make a large dent in the centre to help keep the cake from rising too much. Bake in the oven for 1½-1¾ hours until golden. Cool for 10 minutes then turn on to a wire rack.
- 4 To decorate, trim away the top of the cake if the cake has domed. Brush the cake with honey.
- 5 Knead the Marzipan until pliable. Lightly dust the work surface with icing sugar. Roll

the Marzipan to the diameter of the cake and transfer to the cake to cover it. Smooth over the whole cake using the palm of your hand. Trim away the excess and set aside.

6 To make the frosting, whisk the egg whites until frothy. Gradually sift the icing sugar on top, beating in well until the mixture is fluffy. Stir in the Vanilla Extract and Glycerine.

7 Spread the frosting over the cake top and sides, swirling it using a palette knife. Leave to one side to set slightly.

8 Meanwhile, cover your work service and then shake the can of Shimmer Spray well and spray the rosemary sprigs in short bursts until lightly silvery and shimmering. Leave to dry while you spray the frosting with Shimmer Spray also.

9 For a finishing touch, spoon over the pomegranate seeds just before serving. Enjoy!

Per Serving 498kcal, 18.9g fat (9.4g saturated), 79.3g carbs, 44.3g sugars, 5.4g protein, 1.5g fibre, 0.127g sodium





Top Tip
For less almond flavour, replace the almond extract with the same quantity of Dr. Oetker Natural Vanilla Extract.

Mini Christmas cakes with star-filled tops

Makes 8

175g butter (or margarine)
175g light brown sugar
3 medium eggs, beaten
1 tsp Dr. Oetker Natural Almond Extract
75g ground almonds
175g plain flour
¼ tsp ground nutmeg
1 sachet (1 tsp) Dr. Oetker Baking Powder
300g sultanas
175g dried cranberries
150g glacé cherries
Icing sugar, for dusting

To decorate:

150g Dr. Oetker Regal-Ice Ready to Roll White Icing
200g Dr. Oetker Ready to Roll Marzipan
2 tsp clear honey
Dr. Oetker Chocolate Silver Pearls
8 x 25cm lengths of cake ribbon
Star shaped cutter

1 Place a roasting tin of cold water in the bottom of the oven, then preheat to 150°C/130°C fan/gas mark 2. Grease and line a 19cm square cake tin. Wrap the sides in a double layer of brown paper.
2 Cream the butter and sugar together until pale and creamy then gradually beat in the eggs. Stir in the Almond Extract and ground almonds.
3 Sift the flour, nutmeg and Baking Powder on top and add all the fruit. Carefully mix together and then spoon into the prepared tin. Smooth over the top and bake in the oven for about 1½ hours until lightly browned, slightly risen and firm to the touch. Cool in the tin, then wrap in fresh paper and foil and store for three days.

4 When ready to serve the cakes, discard the storage wrapping from the cake. Using a 7cm round pastry cutter, push down on top of the cake within 1cm of the edge to make eight circles – you may need to trim the edges.
5 Divide the Marzipan in four. On a work surface dusted with icing sugar, roll each piece into a circle to fit the top of the cake. Brush with honey, secure a Marzipan circle on top and trim.
6 Lightly dust your work surface with icing sugar. Roll out 100g of the Regal-Ice Icing to 5mm thick and cut out eight discs of icing.
7 Using a star shaped cutter, stamp out eight stars from the eight discs of icing and remove excess icing. Brush the Marzipan with a little water and carefully secure the Regal-Ice discs on top of each of the cakes. Carefully fill each star cut out with Chocolate Silver Pearls.
8 Secure a piece of ribbon around each cake.

Per Serving 625kcal, 30.9g fat (12.7g saturated), 82.7g carbs, 43.2g sugars, 8.4g protein, 3.5g fibre, 0.194g sodium



Chocolate roulade star log

Serves 10

3 medium eggs, separated
100g sugar
1 tsp Dr. Oetker Madagascan Vanilla Extract
40g plain flour
20g cocoa powder
55g ground almonds
½ tsp Dr. Oetker Baking Powder
1-2 tbsp your favourite liqueur or orange juice
Dr. Oetker Giant Chocolate Stars, to decorate

For the filling:

200ml double cream
1 tbsp icing sugar

Easy Food RECOMMENDS

Dr. Oetker's Regal-Ice Ready to Roll White Icing is a premium quality icing that sets firmly on your cake and cuts cleanly and easily. It gives a smooth finish and is perfect for all your Christmas cakes, fairy cakes and cookies. It can also be coloured and moulded to create beautiful sugar decorations like mini snowmen! It also comes in handy Ready Rolled format, which has been conveniently pre-rolled so it is ready to lift and smooth onto your cake for a foolproof perfect finish!



Top Tip
To save time, use a good quality bought Swiss roll and decorate using step 4.

For the topping:

400ml double cream
3 tbsp cocoa, sifted
2 tbsp icing sugar

1 Heat the oven to 200°C/180°C fan/gas mark 6. Whisk the egg yolks, sugar and vanilla until pale. Separately, whisk the egg whites until stiff.
2 Mix together the flour, cocoa, ground almonds and baking powder. Fold in the egg yolk mixture and the egg whites until combined. Spread into a 21x31cm lined Swiss roll tin and bake for 10 minutes.
3 Cool in the tin for 10-15 minutes, then carefully turn out onto fresh baking paper. Drizzle with alcohol or orange juice and gently roll up using the paper to help you.
4 Whip the cream with the icing sugar. Unroll the sponge, fill and re-roll. Whip the topping ingredients together and spread all over the log. Decorate with the Giant Chocolate Stars.

Per Serving 333kcal, 27.1g fat (14.9g saturated), 20.9g carbs, 13.1g sugars, 5.2g protein, 1.9g fibre, 0.043g sodium



Brought to you by



Very dark chocolate and vanilla bites

Makes 20

100g bar Dr. Oetker Premium 90% Extra Dark Chocolate

100g unsalted butter

165g caster sugar

2 medium eggs, beaten

2 tsp Dr. Oetker Madagascan Vanilla Extract

65g rice flour

¼ tsp salt

To decorate:

25g (1oz) Dr. Oetker Premium 90% Extra Dark Chocolate (optional)

- 1 Preheat the oven to 180°C/160°C fan/gas mark 4. Grease and line an 18cm square tin.
- 2 Break up the Premium 90% Extra Dark Chocolate and place in a saucepan with the butter. Heat very gently, stirring occasionally, until melted. Remove from the heat, stir in the sugar and cool for 10 minutes.
- 3 Beat in the eggs and Vanilla. Add the rice flour and salt and mix together until well combined.
- 4 Pile into the prepared tin, smooth the top and bake in the oven for 20-25 minutes until firm on top but still slightly soft underneath. Leave to cool in the tin then remove, wrap and store for 24 hours to allow the flavour to develop.
- 5 Break up the Premium 90% Extra Dark Chocolate into a small heatproof bowl and place over a pan of barely simmering water to melt.
- 6 Using a 3.5cm diameter round cutter, starting right at the edge of the cake, stamp out as many rounds as you can, keeping the cutter as close to the previous cut as you can – you should be

able to make 20 rounds (use the trimmings for indulgent cake pops or truffles). Put the rounds on a wire rack over a board.

7 Either put the melted chocolate into a small piping bag fitted with a fine plain nozzle and pipe back and forth across the tops, or drizzle a little chocolate over the cakes using a teaspoon. Leave for a few minutes to allow the chocolate to set. Your chocolate bites are now ready to serve and enjoy!

Per Serving 120kcal, 6.4g fat (4g saturated), 14.6g carbs, 11.6g sugars, 1.3g protein, 0g fibre, 0.071g sodium



Christmas cupcakes

Makes 15

15 Dr. Oetker Cupcake Cases

65g cocoa powder

115g butter, softened

300g caster sugar

2 medium eggs, beaten

165g plain flour

3 sachets (1tbsp) Dr. Oetker Baking Powder

To decorate:

Dr. Oetker Silver or Gold Shimmer Spray

Dr. Oetker Chocolate Silver and/or Gold Pearls

Dr. Oetker Easy Swirl Cupcake Icing Chocolate and/or Vanilla

- 1 Preheat the oven to 180°C/160°C fan/gas mark 4. Line 15 cup cake tins with the Cupcake Cases. Sift the cocoa into a bowl and gradually whisk in 225ml cold water. Set aside.
- 2 In a large mixing bowl, beat the butter with the sugar until well blended.

Easy Food RECOMMENDS

Dr. Oetker Fine Cooks' Chocolate has been specially developed with superior quality cocoa beans to deliver a deliciously rich chocolate taste to your home baking. It melts smoothly and evenly and is ideal for use as an ingredient, covering or decoration. It comes in White (26% cocoa butter), Milk (35% cocoa solids), Extra Dark (72% cocoa solids) and now new Extra Dark Premium with 90% cocoa solids, which is made from single origin Ghanaian cocoa beans which delivers an intensely indulgent chocolate taste to all your baking.



- 3 Whisk in the eggs, then sift the flour and Baking Powder on top. Using a large metal spoon, carefully fold the flour into the cake batter along with the liquid cocoa mixture.
- 4 Spoon into the cake cases to two thirds fill them and bake on the middle shelf in the oven for about 25 minutes until risen to the top of the cases and just firm to the touch. Transfer to a wire rack to cool.
- 5 Use Easy Swirl Cupcake Icing in the flavour of your choice to decorate the cupcakes with gorgeous iced swirls. Hold the can at a downward horizontal angle to the cupcake and push down firmly towards the tip of the nozzle to start the flow of the chocolate icing.
- 6 Once iced, top the cupcakes with Soft Silver or Gold Pearls and Shimmer Spray.

Per Serving 189kcal, 7.5g fat (4.5g saturated), 31.3g carbs, 20.2g sugars, 2.7g protein, 1.6g fibre, 0.054g sodium





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Avonmore

A Dreamy, Creamy Christmas

Deliciously creamy desserts to end any
holiday meal

Christmas Eton Mess

Serves 8

1 x 500g bag frozen mixed berries
4 tbsp icing sugar
1 pinch cinnamon
4 tbsp lemon curd
600ml Avonmore Fresh Dessert Cream
16 gingersnap biscuits

1 In a small saucepan, gently heat the frozen berries, icing sugar and cinnamon until the sugar has dissolved. Remove from the heat and set

aside to cool completely.

2 In a bowl, stir the lemon curd through the Fresh Dessert Cream.

3 Break two gingersnap biscuits into each of eight individual glasses, and divide the berries between them. Stir briefly to combine, then pour the Avonmore Fresh Dessert Cream over the mixture, allowing the cream to indulgently coat the biscuit and berries. Serve immediately.

Per Serving 192kcal, 8.5g fat (3.6g saturated), 27.7g carbs, 11.6g sugars, 2.2g protein, 2.4g fibre, 0.045g sodium



Easy Food RECOMMENDS

Avonmore Fresh Dessert Cream has a luxuriously smooth and thick consistency, allowing consumers to provide a restaurant-quality finish to desserts at home. Avonmore Fresh Dessert Cream is already thickened and slightly sweetened, making it perfect for pouring straight from the bottle (no whipping required) over all of your festive favourites such as Christmas Pudding, Mince Pies and Trifles.

Avonmore Fresh Dessert Cream comes in a 250ml Easy Pour bottle and is the perfect finish for all your Christmas desserts.



STYLING & PHOTOGRAPHY JOCASTA CLARKE



Red velvet soufflés with whipped cream

Makes 6

Butter, for greasing

3 tbsp plus 65g granulated sugar

115g dark chocolate (70% cocoa solids), chopped

4 large egg yolks

5 large egg whites

3 tbsp milk

1 tbsp red food colouring

1 tsp vanilla extract

Pinch of salt

2 tbsp granulated sugar

To serve:

Icing sugar

Avonmore Whipped Cream

1 Preheat the oven to 180°C/160°C fan/gas mark 4. Grease six ramekins with butter and coat each one with half a tablespoon of sugar, shaking out any excess. Place on a baking tray.

2 Melt the chocolate in a bowl set over a pot of gently simmering water. When melted, remove from the heat. Stir in the egg yolks, sugar, milk, food colouring and vanilla.

3 In a bowl, beat the egg whites with the salt until foamy. Gradually add the remaining sugar, beating until stiff peaks form. Fold the egg white mixture into the melted chocolate, a bit at a time.

4 Spoon the mixture into the prepared ramekins. Run the tip of your thumb around the edges of the ramekins, wiping the rims clean and creating a shallow indentation around the edges of mixture to help the soufflés rise.

5 Bake 20-24 minutes, or until the soufflés have risen and are set.

6 Dust with a little icing sugar and serve immediately with Whipped Cream.

Per Serving 280kcal, 13.6g fat (8.1g saturated), 33.7g carbs, 31.4g sugars, 6.8g protein, 0.7g fibre, 0.269g sodium



Rich chocolate ganache tart with pomegranate seeds

Serves 8

250g plain flour

50g icing sugar

125g butter

1 large egg

For the ganache:

300ml Avonmore Fresh Dessert Cream

50g butter

100g dark chocolate

100g milk chocolate

To garnish:

Pomegranate seeds

200ml Avonmore Fresh Dessert Cream

1 Use clean fingers to rub the butter into the flour and icing sugar until it resembles breadcrumbs.

2 Add the egg and bind the mixture together using either a blunt knife. Once clumps of pastry begin to come together, use your hands to gather into a ball. Wrap in clingfilm and refrigerate for 30 minutes.

3 Preheat the oven to 180°C/160°C fan/gas mark 4. On a lightly floured surface, roll the pastry out to a thickness of about 3mm and use to line a 23cm loose-bottomed tart tin, pushing right into the corners and trimming the edges.

4 Line the pastry with greaseproof paper and fill with baking beans or uncooked rice. Bake for 15 minutes, then remove the beans and paper and bake for another 5-7 minutes, until lightly golden. Remove from the oven and cool in the tin.

5 Heat the Fresh Dessert Cream in a small saucepan until just boiling, then add the butter and chocolate and stir until completely smooth.

6 Pour into the pastry case and leave for 15 minutes, then place in the fridge to set completely.

7 Sprinkle with fresh pomegranate seeds and serve drizzled with Fresh Dessert Cream.

Per Serving 482kcal, 28.9g fat (18.4g saturated), 49.8g carbs, 22.8g sugars, 6.6g protein, 1.8g fibre, 0.171g sodium



BREAKING THE *Cake Mould*



End your feast on a sweet note with these
non-traditional Christmas cakes

STYLING & PHOTOGRAPHY **MAMI AOYAGI**

BERRY PAVLOVA WREATH

Serves 10

4 egg whites, at room temperature

¼ tsp salt

250g caster sugar

2 tsp cornflour, sifted

1 tsp white wine vinegar

For the berry sauce:

125g raspberries

Juice of ½ a lemon

50g caster sugar

To serve:

300ml fresh cream, whipped

1 pomegranate, seeds removed

Raspberries, cherries and strawberries

Small bunches of fresh mint (or holly)

1 Preheat the oven to 110°C/90°C fan/gas mark ¼ and line a baking tray with parchment paper. Use a 22cm round baking tin to trace a circle on the paper, then draw another circle (about 13cm wide) within the larger circle.

2 Use an electric whisk to beat the egg whites and salt for a few minutes until soft peaks form.

3 Beat in the sugar, one tablespoonful at a time, until the meringue is stiff and shiny. Fold in the cornflour and vinegar.

4 Use a tablespoon to scoop out a dollop of the meringue and place it in the ring between the two circles' lines on the parchment paper. Repeat until a ring of meringue is complete.

5 Create a second layer of meringue on top of the first, then gently smooth the top with a spoon or palette knife.

6 Bake for two hours, then turn off the oven and leave the meringue inside to cool completely.

7 Meanwhile, blend all the ingredients for the berry sauce until smooth. Refrigerate until needed.

8 When the meringue has cooled, transfer to a serving dish and spread with whipped cream. Drizzle over the berry sauce and decorate with pomegranate seeds, berries and mint leaves.

Per Serving 135kcal, 1.5g fat (0.8g saturated), 30.5g carbs, 28.2g sugars, 1.9g protein, 0.9g fibre, 0.088g sodium



MINTY BROWNIE ICE CREAM CAKE

Serves 12

1 x 400g package of brownie mix, prepared according to the package instructions

500ml mint chip ice cream, softened

120ml chocolate dessert sauce, plus extra for drizzling

To decorate:

Red mints, or candy canes, crushed

Whipped cream

1 Preheat the oven to the temperature indicated on the brownie mix package. Grease two 20cm round springform baking tins and line with parchment paper; in one of the tins, line so that the paper comes all the way to the top of the tin. Divide the brownie mix between the two tins and bake according to the package instructions, or just until a

skewer inserted into the centre comes out mostly clean. Leave to cool completely in the tins.

2 Spread half of the softened ice cream into the tin with the parchment paper that comes up the sides.

3 Remove the other brownie cake from its tin and place on top of the ice cream layer. Cover with the chocolate dessert sauce.

4 Spread over the remaining ice cream. Top with more chocolate sauce, allowing it to drizzle down the sides.

5 Cover with the crushed mints and pipe whipped cream around the edges. Freeze until firm.

6 Remove the cake from the tin and discard the parchment paper. Allow to thaw slightly before serving.

Per Serving 774kcal, 28.2g fat (19.1g saturated), 140g carbs, 11.4g sugars, 22.9g protein, 20.2g fibre, 0.955g sodium



RED VELVET AND WHITE CHOCOLATE ROLL

Serves 12

For the sponge:

75g plain flour
1 tsp baking powder
2 tbsp cocoa powder
5 eggs
110g caster sugar
1 tsp red food colouring
50g butter, melted
80g icing sugar, for dusting

For the filling:

120g cream cheese, at room temperature
300g icing sugar, plus extra for dusting
1 tsp vanilla extract
2 tbsp double cream
4 tbsp red and green sprinkles, plus extra to decorate

To decorate:

100g white chocolate

- 1** Preheat the oven to 190°C/170°C fan/gas mark 5. Grease and line a Swiss roll tin with parchment paper.
- 2** Sift the flour, baking powder and cocoa powder into a small bowl and set aside.
- 3** Beat the eggs, caster sugar and food colouring with an electric whisk for about 10 minutes, until the mixture has more than doubled in volume.
- 4** Gradually fold in the flour mixture until incorporated. Stir in the butter.
- 5** Pour the batter into the prepared tin and bake for 12-15 minutes, until a skewer inserted into the centre comes out clean.
- 6** As soon as the cake is out of the oven, sprinkle with icing sugar and invert it onto a clean tea towel.

7 Peel off the parchment paper, sprinkle with more icing sugar, then roll up the cake with the towel. Place on a wire rack to cool.

8 Beat the cream cheese for the filling for three minutes until fluffy, then slowly beat in the icing sugar until combined. Beat in the vanilla and cream until it reaches a thick but spreadable consistency. Stir in the sprinkles.

9 Gently unroll the cake and spread the buttercream in an even layer.

10 Roll the cake up again and set aside.

11 Melt the white chocolate in a bowl over a saucepan of simmering water until smooth, then drizzle over the top. Decorate as desired with more sprinkles. Leave to set before slicing.

Per Serving 336kcal, 12.5g fat (7.2g saturated), 53.6g carbs, 47.3g sugars, 4.5g protein, 0g fibre, 0.089g sodium





SPICED PEAR CAKE

Serves 12

120g butter, at room temperature
200g dark brown sugar
50g crystallised or candied ginger, finely chopped
4 medium pears, peeled, halved lengthwise, cored and sliced
240g plain flour
1 tsp baking powder
½ tsp bicarbonate of soda
½ tsp salt
½ tsp ground cinnamon
¼ tsp ground ginger
150g sugar
2 large eggs, at room temperature
1 tsp vanilla extract

180ml fresh milk, at room temperature

To serve:

Custard

- 1** Preheat the oven to 180°C /160°C fan/gas mark 4. Melt half of the butter in an ovenproof frying pan over a medium heat. Stir in the brown sugar and ginger and cook, stirring occasionally, for four minutes, until the mixture is bubbling.
- 2** Place the pears, cut-side down, into the pan, arranging them in a circle with the stem ends pointing toward the centre. Remove from the heat and set aside.
- 3** Mix the flour, baking powder, bicarbonate of soda, salt, cinnamon and ginger in a bowl.
- 4** Beat the sugar and remaining butter in a

- separate bowl for 3-4 minutes until light and fluffy. Beat in the eggs and vanilla for a minute.
- 5** Gradually beat in the flour mixture, alternating with the milk, until incorporated.
 - 6** Dollop the batter over the pears and smooth it into an even layer.
 - 7** Bake for 30-25 minutes until the top and edges of the cake are golden brown.
 - 8** Transfer the pan to a wire rack to cool for 20 minutes. Run a knife around the perimeter of the pan and invert the cake onto a large serving platter. Cut into wedges and serve with custard.

Per Serving 316kcal, 9.5g fat (5.6g saturated), 56.1g carbs, 36.4g sugars, 4g protein, 2.7g fibre, 0.232g sodium



STICKY TOFFEE CHRISTMAS CAKE

Serves 12

For the cake:

190g plain flour
1 tsp bicarbonate of soda
1½ tsp allspice
2 eggs
150g sugar
100g butter, melted
2 tbsp brandy
1 tbsp honey
Zest and juice of 1 orange
200g pitted dates, chopped
100g desiccated coconut
50g walnuts, chopped

For the toffee sauce:

110g butter
175g dark brown sugar
100g caster sugar
300g golden syrup
250ml cream
1 tsp vanilla extract

To serve:

Whipped cream

- 1** Preheat the oven to 160°C/140°C fan/gas mark 3 and grease and line a 20cm cake tin. Sift together the flour, bicarbonate of soda and allspice and set aside.
- 2** Beat the eggs and sugar until pale and creamy. Beat in the melted butter, brandy, honey and orange zest and juice.
- 3** Stir in the flour mixture until combined. Fold through the dates, coconut and walnuts.
- 4** Pour into the tin and bake for 60-70 minutes, or until a skewer inserted into the centre comes out clean.
- 5** For the toffee sauce, place the butter, sugars and golden syrup into a saucepan and melt gently over a low heat. Simmer for five minutes, then remove from the heat and gradually stir in the cream and vanilla.
- 6** Return to the heat and stir for 2-3 minutes until the sauce is smooth.
- 7** Transfer the slightly warm cake to a serving dish and poke holes into the top. Spoon some of the sauce over and leave to sit for a few minutes. Serve warm or at room temperature with extra toffee sauce and whipped cream.

Per Serving 553kcal, 24g fat (14.8g saturated), 83.8g carbs, 54.8g sugars, 4.9g protein, 3.5g fibre, 0.267g sodium



FUN WITH FONDANT

Food blogger Paul Callaghan, aka Calso Cooks, teaches us how to make a fun Christmas dessert

"This is my Christmas pudding with a twist, but it is one that the whole family will enjoy! It is so simple to put together, makes a great centrepiece and will definitely have people coming back for more! Just follow the following five steps...

Step 1: Make my Chocolate Biscuit Cake according to the recipe below.

CALSO'S CHOCOLATE BISCUIT CAKE

Serves 12

This recipe has proven very successful in my cake-making days. I have adapted it over time to suit myself and the result definitely has the 'wow factor'. It has always been my secret recipe, but now it's time to share it!

This amount will fill a 3 pint/1.4 litre pudding bowl, or it will be perfect for an 8-inch round cake tin (if using a tin, make sure to line it with parchment paper).

330g unsalted butter, at room temperature, cubed

454g tin of golden syrup

300g good quality milk chocolate

200g good quality dark chocolate

1 packet of Rich Tea biscuits

1 packet of chocolate chip cookies

1 'share' pouch of Maltesers

3 Crunchie bars

- 1** Heat a large heatproof bowl over a saucepan of simmering water (ensure the water is not touching the bottom of the bowl). Add the butter and the syrup and gently melt both together. Break up the milk and dark chocolate and add to the mix. Allow the chocolate to melt in, stirring occasionally. Use the butter wrapper to grease the inside of the pudding bowl.
- 2** Meanwhile, put the Rich Tea biscuits into a sandwich bag and lightly bash with a rolling pin: you want a mixture of crumbs and bigger, bite-sized pieces. Pour these into a large mixing bowl. Repeat this step for the cookies.
- 3** Open the packet of Maltesers (and have one as a treat!) and add to the bowl. Open the Crunchies and coarsely chop into bite-sized pieces. Add these to the bowl and give it all a good mix.
- 4** The chocolate should be melted down by now so remove from the heat (be careful it will be hot!) and give it a good stir until you reach an even, chocolatey consistency. Carefully pour this into the biscuit bowl and give it all a good mix with a wooden spoon, ensuring it is all well combined.
- 5** Pour the mixture into the buttered pudding mould (or lined 8-inch tin), give

it a few slams down on the counter top and firm down using a potato masher to get rid of any air pockets. Allow it to cool down slightly and smooth over with a pallet knife.

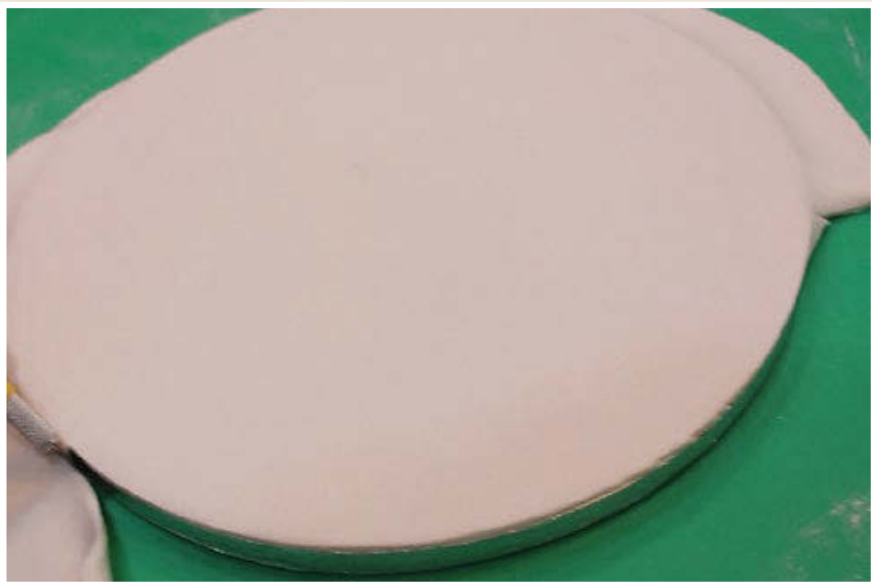
6 Pop into the fridge for a minimum of eight hours, but preferably overnight.

7 To remove from the mould, allow it to come to room temperature and it should slide from the bowl with a little coaxing. (You could always line the bowl with clingfilm to make this easier)

Per Serving 830kcal, 47.8g fat (27.1g saturated), 97.4g carbs, 51.5g sugars, 7g protein, 2.9g fibre, 0.421g sodium



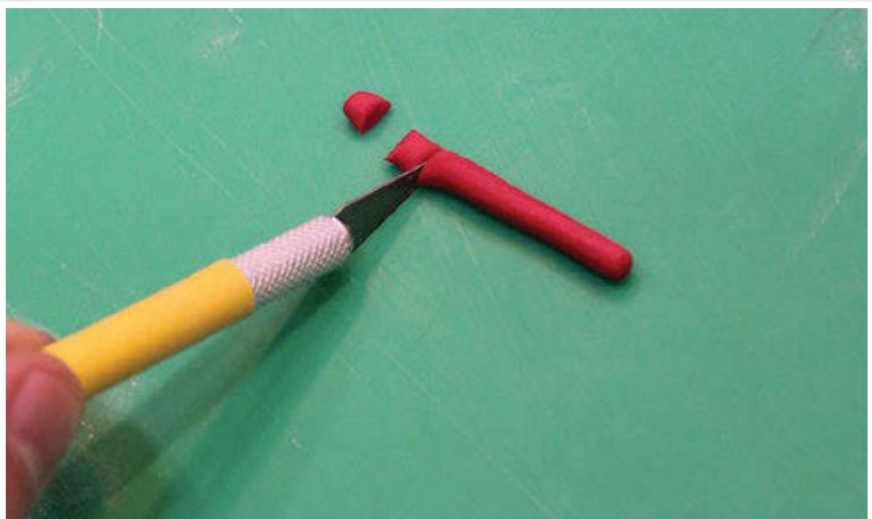
Check out Paul's blog at:
thesustainablelarder.blogspot.com



STEP 2: Cover a round cake base with white ready-to-roll fondant. Knead the dough to soften it and roll it out a few millimetres thick. Apply edible glue to the 12-inch base. Place the fondant on the base and trim off the excess. Place the chocolate biscuit cake in the centre of the board. You shouldn't have to stick it down as it is weighty enough to keep it secure on the base.



STEP 3: Roll out some white fondant again and use a sharp-tipped knife to cut out a random shape (see picture above). Using edible glue, stick it to the top of the cake.



STEP 5 To make the berries to go with the holly, roll some red fondant into a small sausage shape and cut even size amounts and roll these into balls. Stick the leaves onto the top of the cake and stick the berries on top of them.



STEP 4 Roll out some dark green fondant and using holly cutters, cut out a few leaves.



And there you have it... A simple, yet effective, showpiece. Happy baking and Merry Christmas! Paul x

STEP 6: You can add some lettering for a Merry Christmas message using thinly rolled fondant and letter cutters. And finally, finish off with a sprinkle of pearl white luster dust and some ribbon.

the christmas feast

THE BIG MEAL ON THE BIG DAY



72-102

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TOP 3 Readers' Recipes

We kick things off your favourite recipes for Christmas Day starters

CRANBERRY AND WALNUT BRIE

Serves 4-6

240ml port
200g caster sugar
240g frozen cranberries
2 tsp cornflour
300g soft goats' cheese
150g Gorgonzola dolce
1 large wheel of ripe Brie
250g walnuts, toasted and chopped

To serve:

Fresh watercress
1 baguette

- 1 Place the port and sugar in a pan with 250ml of water and set over a low heat, stirring to dissolve the sugar.
- 2 Increase the heat to medium and simmer for five minutes or until the mixture is syrupy. Add the cranberries and cook for a further 2-3 minutes, stirring, until they begin to burst.
- 3 Mix the cornflour with two tablespoons of cold water to make a smooth paste. Add to the pan and cook, stirring, for one minute or until thickened. Set aside to cool.
- 4 Whizz the goats' cheese and Gorgonzola together in a food processor until smooth.
- 5 Split the Brie horizontally through the centre into two equal rounds. Place the bottom half on a plate or tray.

- 6 Spread the bottom with half of the cheese mixture, sprinkle with half the walnuts and pour over half the cranberry sauce. Top with the remaining Brie, cheese mixture, nuts and sauce, then garnish with watercress.
- 7 Serve with toasted baguette, or cut into small wedges and serve on plates with a green salad.

Per Serving 914kcal, 64.2g fat (18.9g saturated), 51g carbs, 41g sugars, 43.4g protein, 6.8g fibre, 1.124g sodium



Martina Flatley,
Templeboy, Co. Sligo

"This is a very popular recipe in our country kitchen by the sea. My family loves it and I usually serve it as a starter for our dinner parties over Christmas.

All my friends ask me for the recipe, so I usually have little recipes printed out for them and shaped into Christmas crackers for them to bring home."

Martina's tip
 This cranberry sauce can be made up to four days ahead and kept refrigerated.





Niamh Lynch
Kilmainham, Dublin 8

"I love Scotch eggs! They're a timeless classic and great crowd-pleaser. These tiny quail egg versions look so cute as a starter for Christmas, but I make them throughout the year with normal hens' eggs too. Yum!"

MINI SCOTCH EGGS

Serves 8

16 quail eggs

Flour

2 eggs, beaten

Breadcrumbs

220g good-quality sausage meat

Salt and black pepper

Oil, for frying

To serve:

Tomato relish

Mixed leaves

Chives

1 Bring a pot of water to a hard boil. In three batches, boil the quail eggs for exactly two minutes each. Immediately immerse them in cold water to stop them from cooking further.

2 Peel the eggs, being very careful not to break them and making sure to remove the inner lining as well as the shell.

3 Line up three shallow bowls, one each of flour, beaten egg and breadcrumbs.

4 On a flat surface, roll out the sausage meat very thinly. Season lightly with salt and black pepper.

5 Lightly flour each quail egg. Very carefully wrap in a thin layer of meat and press into your hand to seal the meat all around the egg. Don't press too hard or you will break the yolk!

6 When the meat is sealed around the egg, dip it in flour and roll it around in your hands again, using the flour coating to help seal everything.

7 Lightly dust with flour again, then coat in egg and finally breadcrumbs.

8 Deep fry at 180°C for about two minutes until the breadcrumbs are golden brown. Serve two per person with tomato relish, mixed leaves and chives to garnish.

Per Serving 539kcal, 46.3g fat (5.6g saturated), 21.4g carbs, 1g sugars, 9.2g protein, 0.9g fibre, 0.133g sodium



Substitute

You can easily make this recipe for Scotch eggs with hens' eggs instead of quail. They will be bigger so you won't get as many from the mixture, but they make a great lunchtime meal with a salad.

Top Tip
These would be great topped with cream cheese, smoked salmon and capers, or blue cheese, sliced prosciutto and ripe pear.

RUSSIAN BLINIS

Serves 2

5g yeast

125ml warm milk

1 egg, separated

75g buckwheat flour

Pinch of salt

Oil, for frying

1 Dissolve the yeast in half of the warm milk and set aside for about 45 minutes. Reheat the rest of the milk, add the egg yolk and mix well.

2 Sift the flour into a bowl and make a well in the centre. Pour in the warm milk with the egg and the milk with the yeast. Mix everything

together well, cover and set aside for another 45 minutes.

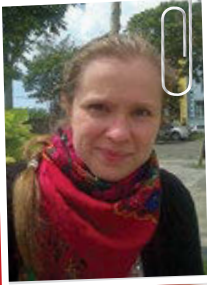
3 Beat the egg white with a pinch of salt until it forms soft peaks. Add to the batter, folding it in gently.

4 Take small spoonfuls of batter and place on a preheated and oiled pan. Cook on the first side until bubbles begin to appear on the surface, then flip to the other side and fry until lightly golden. Continue cooking the blinis in batches.

5 Serve with any toppings you like.

Per Serving 219kcal, 16g fat (2.6g saturated), 15.4g carbs, 2g sugars, 5.3g protein, 2.1g fibre, 0.033g sodium

€ ❄️ 😊 V LF DF GF



Anna Kurdziel,
Killorglin, Co. Kerry
"These can be easily made a little more festive topped with caviar or some cranberry jelly! They are very easy to make and can be made a little ahead of time, which would be very helpful when making lots for a party or family gathering."



IN THE NEXT ISSUE...

We are looking for **COELIAC-FRIENDLY MEALS**. If you have a **tried-and-tested gluten-free recipe**, send it into editor@easyfood.ie for your chance to be featured.

POPCORN JUST FOR YOU!



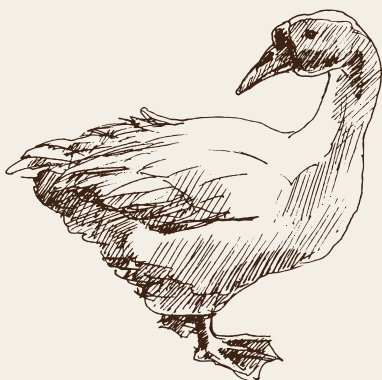
*Because it
feels good!*



It feels good to treat yourself to a snack, and it really feels good when you know it's only 100 calories! Our new 100 Cal Snack Packs are the ultimate treat just for you!



COOKING IT SIMPLE



CRISPY ROAST POTATOES IN GOOSE FAT

Peel 1-1.5 kg of potatoes, all around the same size. Place in cold water and season with sea salt and freshly ground pepper, then bring to the boil and simmer for five minutes. Strain and leave to dry for 10 minutes. Prick the potatoes all over with a fork. Heat 100-150g of goose fat in a roasting tray at 220°C for five minutes, until the fat is very hot. Carefully place the potatoes in and season with sea salt. Shake the tray, coating the potatoes completely in the fat (add more fat if you need it.) Cook the potatoes for 50-60 minutes, turning every 15 minutes until they are golden brown and crispy.

SPICED APPLE CAUTNEY

Makes 1 jar

400ml malt or red wine vinegar
200g onions, peeled and diced
800g apples, peeled, sliced, cored and diced
100g dried fruit
300g sugar
¼ tsp cardamom powder
¼ tsp star anise powder
½ tsp fennel seeds
2 tsp fresh ginger, chopped
½ tsp cumin powder
Sea salt, to taste

Place all of the ingredients into a heavy saucepan and simmer over a very low heat, stirring occasionally, for 1½-2 hours, or until the mixture is thick. Remove and allow to cool, then place in a jar in the fridge.

Per Serving 201kcal, 0.1g fat (0g saturated), 49.9g carbs, 44.1g sugars, 0.5g protein, 3.5g fibre, 0.103g sodium



Derry Clarke talks us through cooking a goose as a tasty turkey alternative for the big day

A roast goose is one of the best alternatives to turkey for your Christmas Day roast. It is perhaps every cook's favourite Christmas dish, with a rich dense texture and lots of flavour; most of the fat is under the skin, and this bastes the meat naturally while it is cooking, keeping it juicy and moist.

The most popular goose for cooking is the 'Legarth' variety, which has a high meat-to-bone ratio. Choose a plump bird weighing around 5-6kg; this will feed up to six people. I often roast a small turkey as well, and of course the obligatory ham.

Like all meat, remove the bird from the fridge one hour before cooking. Wash it under cold running water and pat dry with a paper towel. At the cavity, trim the excess fat off – Keep this to render for roast potatoes and root vegetables (see below). Inside, place a halved orange, one peeled carrot, a stick of celery, some garlic, thyme and sage. Tie the legs together with kitchen twine. Season the outside of the goose and place on a wire rack in a deep roasting tray.

Place the goose in the oven at 200°C/180°C fan/gas mark 6 for 15 minutes, then reduce to 175°C/155°C fan/

gas mark 4 for about 20 minutes per kilo for nicely pink meat. (Cook for 30 minutes per kilo to have it well done.) Remove from the oven and place on a carving board with a well around it, cover with a clean dry tea towel and rest for 15-20 minutes.

To carve

Cut the legs off first, and then slice the breast meat with a long sharp knife.

Rendering goose (or duck) fat

Place all the fat in a pan with a little water and place over a low heat. The water will slowly evaporate and the fat will melt. Strain the fat into a clean jar and this will keep in the fridge for up to one month.

MY TOP TIPS

- 1 Order your goose early to avoid disappointment.
- 2 Choose a nice, plump, clear-skinned bird.
- 3 When cooked, the goose should be golden brown in colour.
- 4 Leave to rest for at least 15-20 minutes before carving.

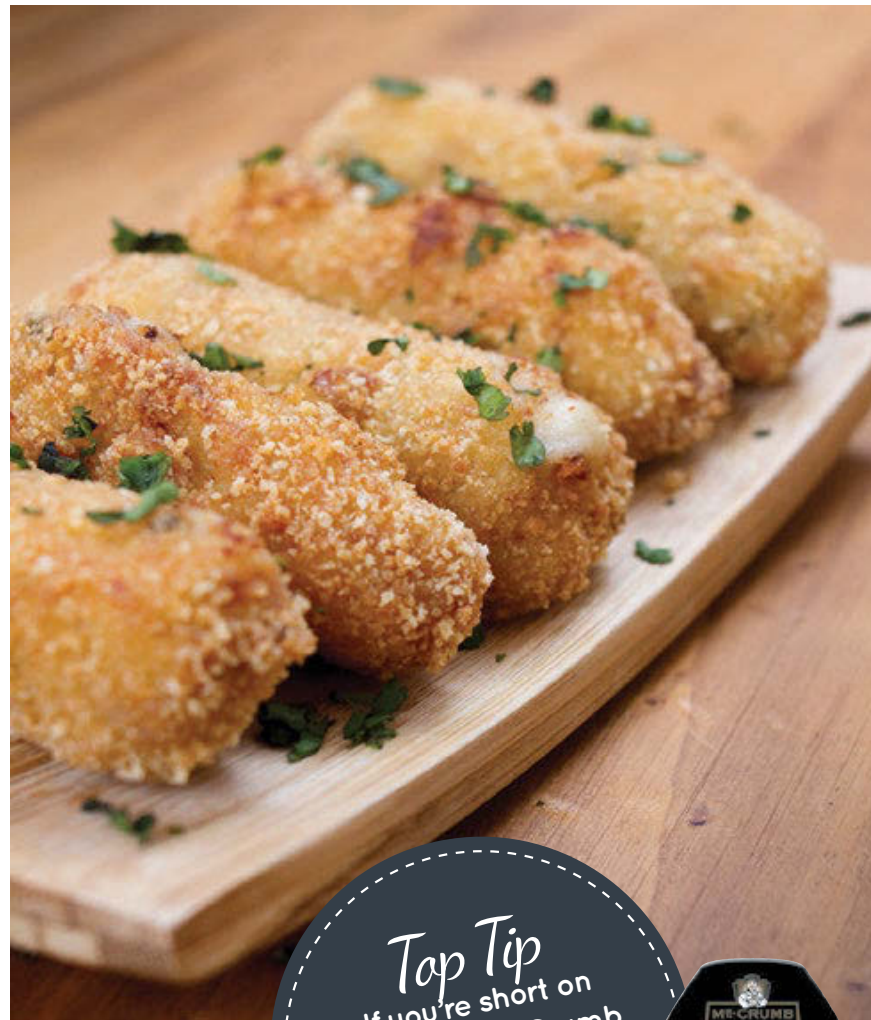
Wishing you a very Merry Christmas!

Derry

OH CRUMBS!



Festive entertaining is easy with these foolproof recipes



CLASSIC SAGE AND ONION STUFFING

Serves 12

80g butter
2 tbsp oil
2 large onions, chopped
200g Mr. Crumb Fresh Breadcrumbs
2 tbsp chopped fresh sage
2 tbsp fresh parsley, chopped
Salt and black pepper

- 1 Preheat the oven to 180°C/160°C fan/gas mark 4. Heat the butter and oil in a pan over a medium heat. Add the onion and cook, stirring occasionally, for 5-6 minutes until softened.
- 2 Stir in the breadcrumbs, sage, parsley and seasoning. Remove to a baking dish and bake for 40 minutes.
- 3 Serve hot with your Christmas roast and plenty of gravy.

Per Serving 143kcal, 8.6g fat (3.9g saturated), 13.9g carbs, 1.8g sugars, 2.5g protein, 1.3g fibre, 0.161g sodium



LEFTOVER CROQUETTES

Makes 18-20

45g butter
1 medium onion, finely chopped
Salt and black pepper
1½ tsp fresh sage
3 handfuls of leftover turkey, shredded
60ml cream
250g leftover mashed potatoes
30g plain flour
1 large egg, beaten
170g Mr. Crumb Fresh Breadcrumbs
Vegetable oil, for cooking

To serve:

Tomato relish or leftover cranberry sauce

- 1 Melt the butter in a large pan over a medium-high heat. Add the onion and season. Cook for 3-4 minutes, then stir in the sage and cook for another minute.
- 2 Add the turkey and cream. Stir to combine and cook for another minute until the liquid

Top Tip
 If you're short on time, use Mr. Crumb Sage & Onion Stuffing instead



evaporates. Remove to a bowl to cool.

- 3 Add the potatoes, flour, and egg to the turkey mixture and season well.
- 4 Use clean hands to pick out golf ball-sized chunks of the mixture. Pat each one into a two-inch disc and drop into a shallow bowl of breadcrumbs. Turn to coat the disc on all sides and place on a baking tray. Repeat until all of the mixture has been used, then place the tray(s) in the fridge for about 10 minutes.
- 5 Heat about ¼-inch of oil in a pan over a medium heat. Working in batches and without overcrowding the pan, cook for 2-3 minutes on each side until golden brown.
- 6 Drain on a plate lined with kitchen paper and serve with relish or cranberry sauce.

Per Serving 634kcal, 41.4g fat (12.2g saturated), 39.6g carbs, 3.3g sugars, 25.3g protein, 2.2g fibre, 0.472g sodium





A CHRISTMA

STYLING AYSECAM TUFEKCIOGLU PHOTOGRAPHY JOCASTA CLARKE

AS Feast

Our ultimate pick and mix menu
for the biggest dinner of the year

ROAST TURKEY WITH LEMON, HERBS AND GARLIC

Serves 12-14

For the lemon, herb and garlic butter:

400g butter, at room temperature

Salt and black pepper

1½ tbsp olive oil

Zest and juice of 2 lemons

2-3 garlic cloves, crushed

Small bunch of fresh parsley, chopped

1 x 6.5kg turkey, giblets removed

1 lemon, halved

1 head of garlic, cut in half horizontally

3-4 sprigs of rosemary

3-4 sprigs of thyme

1-2 sprigs of sage

Olive oil, to drizzle

1 Preheat the oven to 220°C/200°C/gas mark 7. First, make the lemon butter. Put the butter into a large bowl and season with salt and pepper. Add the olive oil and mix well. Add the lemon zest and juice, garlic and parsley, and stir to combine.

2 Season the cavity of the turkey with salt and pepper, then stuff with the lemon halves, garlic and herbs.

3 Use your hands to loosen the skin from the breast meat, being careful not to tear the skin. Repeat with the skin on the legs, working from the lower side of the breast out towards the leg. Rub half of the flavoured butter in under the skin.

4 Place the bird in a large roasting pan, breast side up. Rub the remaining butter all over the skin. Season well with salt and pepper, then drizzle with a little olive oil.

5 Cover the turkey with foil and roast for 40 minutes, then lower the heat to 170°C/150°C/gas mark 3 and cook for a further 3½ hours, basting occasionally with the juices in the bottom of the tray.

6 Remove the foil and cook for another 30-40 minutes until a thermometer registers the internal temperature at 74°C and the juices run clear.

7 Leave the turkey to rest in a warm place for at least 20-30 minutes before carving.

Per Serving 812kcal, 47.2g fat (22.9g saturated), 2.3g carbs, 0g sugars, 90.8g protein, 0.5g fibre, 0.409g sodium



BACON AND LEEK STUFFING

Serves 10-12

Butter, for greasing

500g rustic bread, torn into small chunks

8 thick-cut rashers, cut into ½cm-pieces

2 tbsp butter

3 leeks, white and pale green parts only, rinsed, halved lengthwise and sliced into ½cm-thick slices

1 garlic clove, crushed

Splash of white wine

Salt and black pepper

240ml turkey or chicken stock, plus more as needed

240ml milk

1 tsp fresh thyme, chopped

1 Preheat the oven to 190°C/170°C/gas mark 5. Lightly butter a 9 x 13-inch baking dish.

2 Spread the bread out on a baking sheet and place in the oven for 12-15 minutes until lightly golden. Set aside.

3 In a large pan over a medium heat, cook the bacon for 5-6 minutes, stirring occasionally, until crispy. Using a slotted spoon, transfer to a plate lined with kitchen paper. Set aside.

4 In the same pan, melt the butter over a medium heat. Add the leeks, and garlic and cook for 6-7 minutes, stirring occasionally. Season with salt and pepper. Remove the leeks to a large bowl.

5 With the pan still over the heat, add a splash of white wine. Bring to a bubble and use a wooden spoon to scrape up any sticky bits from the bottom of the pan. Cook for 1-2 minutes for the alcohol to evaporate, and then pour over the leeks in the bowl.

6 Add the bread and bacon to the leeks and stir together. Add the stock, milk, thyme and salt and pepper to taste and stir to combine. If the mixture seems a little dry, add more stock as needed.

7 Transfer to the prepared baking dish and bake for 35-40 minutes until crispy and golden brown.

Per Serving 220kcal, 8.2g fat (3.5g saturated), 25.4g carbs, 3.7g sugars, 10.7g protein, 1.4g fibre, 0.38g sodium



STICKY HONEY-MUSTARD HAM

Serves 10-12

1 x 5kg ham joint

6 tbsp black treacle

1 tsp whole cloves

1 bay leaf

1 tsp allspice

1 tbsp black peppercorns

Zest of ½ an orange, cut into thin strips

Handful of whole cloves, to stud

For the glaze:

100g brown sugar, plus extra for sprinkling

100ml honey

1 tbsp Dijon mustard

100ml cider

1 Place the ham in a large pot and cover with cold water. Add the treacle, spices and orange zest. Bring slowly to a boil, skimming off any white foam from the surface. Simmer very gently for about two hours until cooked throughout.

2 Preheat the oven to 180°C/160°C fan/gas mark 4. Place the oven rack at its lowest position. Remove the ham from its liquid and allow to cool slightly. Place in a roasting pan and use a small sharp knife to strip off the skin. Score the fat in a diamond pattern, being careful not to cut into the meat. Stud the intersections with cloves.

3 In a bowl, mix together the glaze ingredients and stir until the sugar has dissolved. Pour the glaze over the ham.

4 Bake the ham for 40-45 minutes until golden brown; every 20 minutes, baste the ham with the glaze and sprinkle with a little brown sugar.

5 Turn the heat up to 220°C/200°C/gas mark 6 and cook for a final 20 minutes. Remove from the oven and allow to rest for at least 20 minutes before serving.

Per Serving 679kcal, 25.2g fat (0g saturated), 27.2g carbs, 24.3g sugars, 83.5g protein, 0g fibre, 0.022g sodium





FENNEL, BREADCRUMB AND PARMESAN GRATIN

Serves 8-10

4 small fennel bulbs, trimmed
½ tbsp olive oil
20g butter, plus extra for greasing
4 onions, thinly sliced
1 bay leaf
60ml dry white wine
240ml light cream
Salt and black pepper
100g Parmesan, grated
30g Mr. Crumb Fresh Breadcrumbs

- 1 Preheat the oven to 180°C/160°C/gas mark 4.
- 2 Lightly grease a 9 x 13-inch glass or ceramic baking dish with butter. Put the fennel in a large pan of salted water. Bring to a simmer over a medium heat and cook for one minute, then drain and cool completely. Pat dry with kitchen paper, then slice.
- 3 Heat the oil and butter in a large pan over a medium-high heat. Add the onions and bay leaf and cook, stirring occasionally, for about ten minutes until golden and softened. Season well.
- 4 Add the wine to the pan, scraping up any sticky bits with a wooden spoon, and cook for 1-2 minutes until most of the liquid has evaporated. Stir in the cream. Bring to a boil, then reduce the heat and simmer for five minutes. Discard the bay leaf.
- 5 Spread one-third of the creamed onions in the bottom of the baking dish and layer half of the fennel slices on top. Season with salt and pepper and sprinkle with half of the Parmesan. Top with half of the remaining onions, the rest of the fennel and then the last of the onions. Finish with the remaining Parmesan and breadcrumbs, then cover with foil and bake for one hour, or until the fennel is tender. Allow to rest for 5-7 minutes before serving.

Per Serving 188kcal, 12.3g fat (7.3g saturated), 14.3g carbs, 2.2g sugars, 5.6g protein, 4g fibre, 0.184g sodium



MUSTARD AND TARRAGON ROAST BEEF

Serves 8-10

3kg rib of beef
Salt and black pepper
4 tbsp wholegrain mustard
4 tbsp Dijon mustard
Small handful of fresh tarragon leaves, chopped

- 1 Preheat the oven to 180°C/160°C fan/gas mark 4 and place the rib of beef in a roasting pan, fat-side up.
- 2 Stir together the remaining ingredients in a bowl until combined. Spread all over the beef until covered.
- 3 Roast in the oven for 1½-2 hours, basting occasionally, until a thermometer registers the internal temperature at 50°C for medium-rare. Allow to rest for 15-20 minutes before carving.

Per Serving 894kcal, 78.5g fat (31.9g saturated), 0.7g carbs, 0g sugars, 50.1g protein, 0g fibre, 1.507g sodium



Easy Food RECOMMENDS

BREADCRUMBS:

Made in the rural village of Finea, Co. Westmeath, Mr. Crumb Fresh Breadcrumbs are made using award winning fresh bread from a local bakery & are perfect if you want a delicious homemade stuffing, bread sauce or pudding this Christmas. Fresh breadcrumbs are a versatile ingredient and can also be used to create meatballs, burgers, chicken goujons, toppings, fish cakes, gratins and a whole host of other recipes. Look out for Mr. Crumb's new pack design and check out their recipes and competitions on www.facebook.com/mrcrumb.



Delicious
turkey
alternative





A tasty
veggie
main course
option

Contains
nuts!



NUTTY MUSHROOM WELLINGTON

Serves 8

1 tbsp butter
1 tsp sugar
2 yellow onions, chopped
1 tbsp olive oil
1 large red onion, chopped
3 garlic cloves, chopped
250g chestnut mushrooms, quartered
2 heaped tbsp of fresh parsley
1 sprig of fresh rosemary, leaves picked
Juice of half a lemon
1 tbsp of brandy
1 tbsp of vegetable stock
150g cashew nuts, walnuts or a mixture, finely chopped
80g blanched almonds, finely chopped
80g fresh white breadcrumbs
1 egg, beaten
Salt and black pepper
1 large sheet of ready-rolled puff pastry
Large handful of baby spinach

- 1 Preheat the oven to 200°C/180°C fan/gas mark 6. In a pan over a medium-low heat, melt the butter and sugar together. Add the yellow onions and cook gently for 25 minutes until caramelised, then remove and allow to cool.
- 2 Heat the olive oil in the same pan over a medium heat. Add the red onion and garlic and cook for 15-20 minutes. Add the mushrooms and herbs, lemon juice, brandy and stock, and stir to combine. Cook the mixture over a medium-low heat for 12-15 minutes.
- 3 Add all of the chopped nuts to the mushroom mixture, stir to combine well and transfer to a large bowl. Add the breadcrumbs, half of the beaten egg and season to taste.
- 4 Roll the pastry into a rectangle and place on a greased and floured baking tray. Spoon the onions in a line down the middle, top with the spinach and finally add the mushroom filling.
- 5 Carefully roll the pastry around the mushroom filling until it forms a log, seam-side down on the baking tray. Cut two or three slits in the top to allow the steam to escape.
- 6 Brush with the remaining egg and cook for 40 minutes until golden.

Per Serving 494kcal, 33.4g fat (7.4g saturated), 38.5g carbs, 4.7g sugars, 11g protein, 4.2g fibre, 0.203g sodium



Top Tip
This cabbage can be prepared a few days in advance and kept in the fridge, or made weeks ahead and frozen!



BRAISED RED CABBAGE

Serves 6-8

50g butter, plus extra to finish
1 red onion, finely chopped
1 cinnamon stick
¼ tsp ground cloves
¼ tsp ground nutmeg
1 red cabbage, cored and shredded
1 tart eating apple, such as Granny Smith, finely chopped
3 tbsp brown sugar
50ml balsamic vinegar
100ml red wine
3 tbsp cranberry sauce

- 1 Melt the butter in a large pan over a medium heat. Add the onion and cook for 3-4 minutes, then stir in the spices and cook for one minute.
- 2 Tip in the cabbage and cook for 5-6 minutes until shiny. Add the apple, sugar, vinegar and wine, then reduce the heat to low. Stir well, cover and cook for 40 minutes, stirring occasionally so it doesn't stick.
- 3 Stir in the cranberry sauce, season well and cook for another 25 minutes. Stir through a knob of butter just before serving.

Per Serving 117kcal, 5.2g fat (3.3g saturated), 15.1g carbs, 10.1g sugars, 1.6g protein, 3.8g fibre, 0.059g sodium







HONEYED ROOT VEGETABLES

Serves 8

3 beetroots, peeled and chopped into chunks
3 parsnips, peeled and chopped into chunks
4 carrots, peeled and chopped into chunks
5 shallots, halved
5 tbsp honey
Olive oil
Salt and black pepper

- 1 Preheat the oven to 230°C/210°C fan/gas mark 8.
- 2 Combine all the vegetables in a large bowl. Drizzle with the honey and a generous amount of olive oil and season with salt and black pepper. Toss to coat.
- 3 Move the vegetables to a baking tray and roast for 35-40 minutes or until the vegetables are tender and golden-brown, tossing every 15 minutes or so.

Per Serving 141kcal, 3.7g fat (0.5g saturated), 27.6g carbs, 17.7g sugars, 1.7g protein, 4g fibre, 0.056g sodium



FAILSAFE GRAVY

Makes about 4 cups

Pan drippings from a roast

30ml white wine
4 tbsp cornflour
120ml water (approx.)
950ml hot chicken stock (approx.)
1 tsp dried sage, rosemary or thyme, optional
Salt and black pepper

- 1 Remove the roast from the roasting pan and put aside to rest.
- 2 Pour the juices from the pan into a jug and allow to settle. Discard the clear fat from the top and pour the dark juices back into the roasting pan. Place on the hob over a medium-high heat.
- 3 Add the wine. Spend 1-2 minutes scraping sticky bits off the bottom with a wooden spoon.
- 4 In a small bowl, jug or cup, dissolve the cornflour in just enough water to make a thin paste. Spoon this paste into the drippings in the roasting pan and use a wire whisk, wooden spoon or spatula to blend together well.
- 5 Stir until the gravy begins to thicken. As it thickens, slowly add the stock. Alternate stirring and adding liquid for about 5-6 minutes, aiming for your desired consistency. Add your herb of choice, if using, season and serve.



Per Serving 76kcal, 6.5g fat (3.9g saturated), 3.3g carbs, 0g sugars, 0.7g protein, 0g fibre, 0.452g sodium



CRISPY FANTAIL POTATOES WITH ROSEMARY

Serves 8-10

10 medium potatoes, peeled
Olive oil
Salt and black pepper
8-10 sprigs of rosemary, leaves picked

- 1 Preheat the oven to 220°C/200°C fan/gas mark 7.
- 2 Using a sharp knife, slice each potato widthways, three-quarters of the way through, with each slice about ½cm thick.
- 3 Place the potatoes on a non-stick baking tray and drizzle generously with olive oil.
- 4 Season with salt and black pepper and sprinkle over the rosemary leaves. Place in the oven and roast for about one hour or until the potatoes are crisp and cooked throughout and their outsides are crispy.

Per Serving 183kcal, 4.4g fat (0.7g saturated), 33.5g carbs, 2.5g sugars, 3.6g protein, 5.1g fibre, 0.013g sodium





Low-fat

ITALIAN TRIFLE

Serves 8-10

For the pastry cream:

8 egg yolks

750g sugar

75g flour

1l milk, plus a little extra

Zest of ½ a lemon, grated

75g unsweetened cocoa powder

2 tbsp sugar

1kg ready-made sponge cake, cut into 1cm slices

30ml Amaretto, approx.

For the topping (optional):

Fruit, nuts or chocolate, if desired

1 For the pastry cream, use an electric whisk or a stand mixer to whisk together the egg yolks and sugar until smooth. Add the flour slowly, bit by bit, until fully incorporated.

2 Meanwhile, in a small pan, heat the milk over a medium heat until bubbles are just beginning to form around the edges. Remove from the heat and drizzle it, bit by bit, into the bowl.

3 Pour the whole thing from the bowl into a large saucepan and place over a very gentle heat, stirring continuously with a wooden spoon. Keep stirring while the mixture thickens until it coats the back of the spoon. Remove from the heat, stir in the lemon zest, and allow to cool.

4 Place the sugar and cocoa in a small pot and place over a medium heat. While stirring, add a little milk, bit by bit, until the mixture becomes a thick but pourable paste.

5 Divide the pastry cream between two bowls, with slightly more in one bowl. In the bowl containing slightly less cream, add the chocolate paste and whisk until fully incorporated. Pour the Amaretto into a small bowl.

6 Cover the bottom of a large trifle bowl with a thin layer of the plain cream. Make a layer of cake slices, breaking as needed to fit the edges.

7 Use a pastry brush to brush over a little Amaretto, then spread over a layer of the chocolate cream.

8 Repeat the layers all the way to the top, ending with a layer of plain cream. Top with fruit, nuts or chocolate, as desired.

9 Place in the fridge to chill for at least 3-4 hours, preferably overnight. Remove from the fridge about 45 minutes before serving.

Per Serving 727kcal, 9.5g fat (4g saturated), 153.9g carbs, 121.4g sugars, 13.1g protein, 2.9g fibre, 0.538g sodium



MINCEMEAT BAKEWELL TART

Serves 6-8

Butter, for greasing

For the pastry:

200g plain flour

100g cold butter, cubed

60g golden caster sugar

1 egg, beaten

1-2 tbsp ice-cold water, as needed

For the filling:

150g butter, softened

150g golden caster sugar

3 large eggs, beaten

140g ground almonds

2 tbsp raspberry jam

120g mincemeat

For the glaze:

100g icing sugar

2-3 tbsp orange juice

Flaked almonds, to decorate

To serve:

Vanilla ice cream or custard

1 Preheat the oven to 200°C/180°C fan/gas mark

5. Lightly butter a loose-bottom 9-inch fluted pastry tin.

2 First, make the pastry. Place the flour in a bowl and rub the butter into the flour with your fingertips until it resembles small crumbs.

3 Add the sugar, egg and one tablespoon of water. Blend together, adding more water if necessary until it forms a dough.

4 Roll the dough out on a floured surface and use to line the prepared tin. Prick the pastry all over with a fork, then place in the fridge to chill.

5 Meanwhile, cream the butter and sugar together until fluffy. Gradually add the beaten eggs and ground almonds.

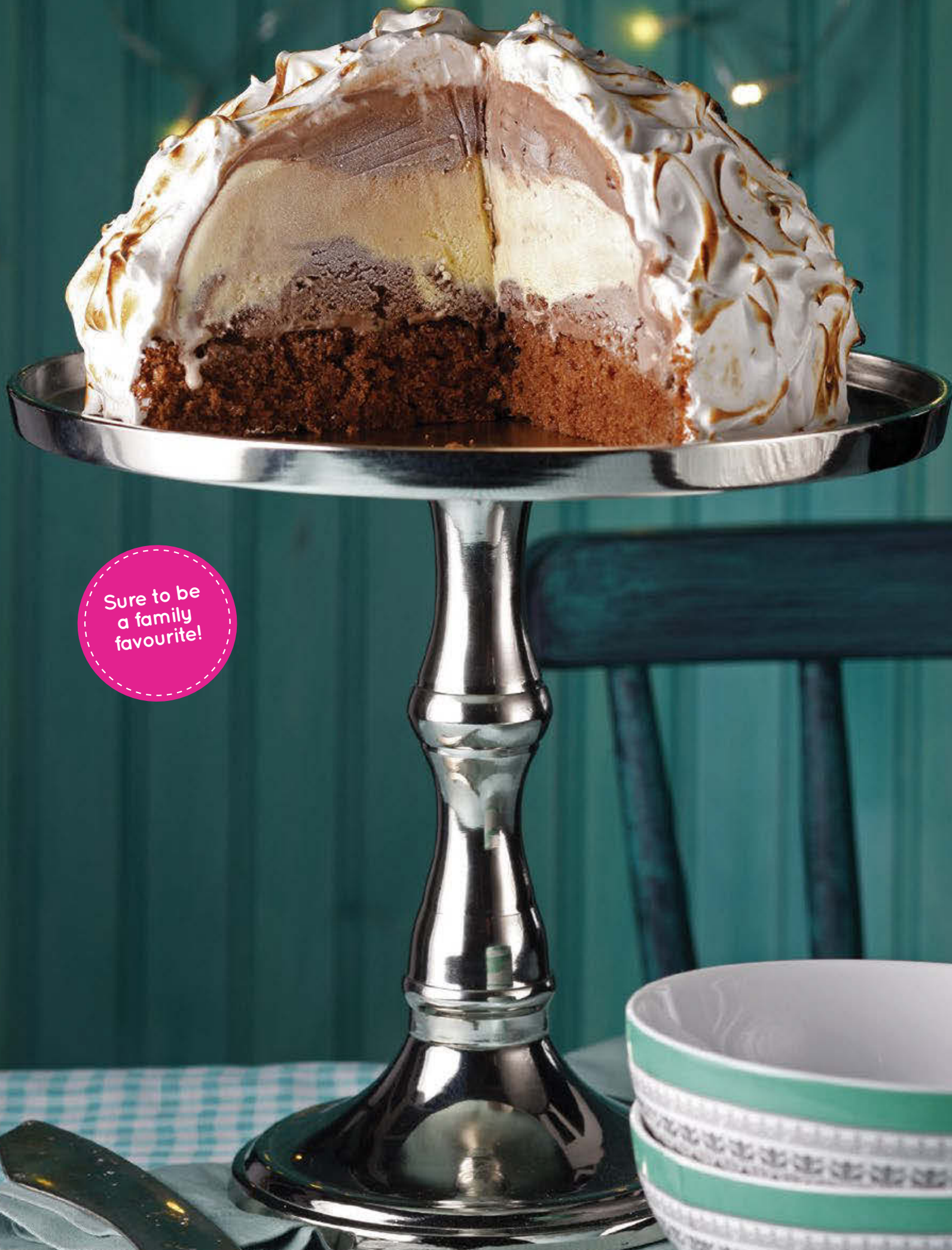
6 Spread the base with raspberry jam and then spoon the mincemeat over this. Top with an even layer of the almond mixture. Bake for 35 minutes, or until golden brown in colour and slightly firm on top. Remove from the oven.

7 Mix the icing sugar and orange juice together. Pour over the top of the tart and leave for 1-2 minutes to soak in. Scatter the almonds evenly over the top and place back in the oven for 10 minutes.

8 Allow to cool a little before removing it from the fluted tin. Serve warm with vanilla ice cream or custard.

Per Serving 656kcal, 36.6g fat (17.5g saturated), 76.8g carbs, 47g sugars, 9.5g protein, 3.1g fibre, 0.254g sodium





Sure to be
a family
favourite!

CHOCOLATE BAKED ALASKA

Serves 8-10

500g chocolate ice cream, slightly softened
500g coffee ice cream, slightly softened
50g dark chocolate, chopped
125g butter, softened, plus extra for greasing
125g caster sugar
2 eggs, beaten
125g self-raising flour, sifted

For the meringue:

3 egg whites
175g caster sugar

- 1 Line a pudding bowl with two layers of clingfilm, leaving enough hanging over the edge to cover the sides.
- 2 Scoop the ice cream into the bowl. Fold the excess clingfilm over the top and press down with your hands to compress the ice cream and remove any air holes. Place the bowl in the freezer.
- 3 Preheat the oven to 180°C/160°C fan/gas mark 4. Lightly grease the sides of a cake tin with butter and line the base with a disc of baking parchment.
- 4 Melt the chocolate in a heatproof bowl over a pan of gently simmering water. Remove from the heat and set aside.
- 5 In a large bowl, cream the butter until soft. Add the sugar and beat until light and fluffy. Gradually add the eggs, beating constantly.
- 6 Beat in the melted chocolate, then fold in the flour until combined. Pour the batter into the prepared cake tin and bake for 25-30 minutes, or until a wooden skewer inserted into the centre comes out clean.
- 7 Remove the cake from the oven and turn the temperature up to 220°C/200°C fan/gas mark 7.
- 8 Allow the cake to cool in the tin for 10 minutes, then remove from the tin and place on a wire rack to cool fully.
- 9 For the meringue, whisk the egg whites in a large, clean bowl until stiff peaks form when the whisk is removed. Slowly whisk in the sugar, whisking well between each addition. Continue to whisk until glossy and very stiff peaks form.
- 10 Once the cake has cooled, place it in the middle of a flat baking tray. Remove the ice cream from the freezer. Use the cling film to pull the ice cream from the pudding bowl and place it upside down on the cake. Peel off all of the cling film.
- 11 Quickly spoon over the meringue, spreading it thickly and in peaks over the ice cream and the sides of the cake right down to the bottom. Return the baked Alaska to the freezer.
- 12 When ready to serve, place the baked Alaska in



the centre of the hot oven for 6-8 minutes, or until the meringue is set on the outside and the peaks are turning light golden.

13 Carefully transfer to a serving plate, using a palette knife dipped in hot water to help you slide and push it onto the plate.

Per Serving 493kcal, 23.6g fat (14.5g saturated), 66.2g carbs, 54g sugars, 7.5g protein, 1.2g fibre, 0.185g sodium



GINGER PUDDINGS WITH SALTED CARAMEL SAUCE

Makes 6

Butter, for greasing
155g dark brown sugar
125g unsalted butter, chopped
60ml treacle
3 tsp ground ginger
1 tsp mixed spice
160ml milk
2 eggs, lightly whisked
1 tsp bicarbonate of soda
1 tbsp warm water
225g self-raising flour
170g raisins

For the salted caramel sauce:

215g caster sugar
300ml thickened cream
2 tsp sea salt flakes

To serve:

Vanilla ice cream

- 1 Preheat the oven to 180°C/160°C fan/gas mark

4. Lightly grease six 250ml pudding moulds or ovenproof dishes with melted butter. Line the bases with parchment paper.

2 Place a saucepan over a low heat and add the brown sugar, butter, treacle, ginger and mixed spice. Cook gently until the sugar dissolves, then simmer for another 3-4 minutes or until smooth and glossy. Remove from the heat and allow to cool for five minutes.

3 Whisk the milk and eggs into the butter mixture until well combined. In a small bowl, combine the bicarbonate of soda and warm water and stir. Add this into the butter mixture. Sift over the flour and stir to combine. Stir in the raisins.

4 Divide the mixture among the prepared pudding moulds. Cover each pudding with a layer of non-stick baking paper, then a layer of foil. Place on a baking tray. Bake for 30-35 minutes, or until a skewer inserted into the centre of each pudding comes out clean. Allow to cool in the moulds for five minutes before turning out onto serving plates.

5 Meanwhile, heat the caster sugar in a non-stick pan over a low heat. Heat for about 10 minutes, shaking the pan often but not stirring, until the sugar dissolves and turns a dark golden colour. Set aside for 1-2 minutes until the bubbles subside, then add the cream. Stir gently over a low heat for 10-12 minutes, or until the sauce has thickened slightly. Stir in the salt.

6 Drizzle the sauce over the puddings and serve with ice cream.

Per Serving 706kcal, 21.7g fat (13g saturated), 125.7g carbs, 87.5g sugars, 8.1g protein, 2.2g fibre, 1.026g sodium



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con·sid·ered *by helen james*

A creative collaboration with Dunnes Stores



Helen James

Irish designer, Helen James, has collaborated with **Dunnes Stores** to develop a range of homeware and food that celebrates cooking and eating in the home.

After years of working in New York with top fashion designers, including Donna Karan, Helen returned to Ireland to begin a new chapter and combine her passion for cooking with her love of design. With close attention to detail, the talented designer has brought beauty and function together to create a richer experience in the kitchen. Aptly named Considered, each piece of homeware is carefully crafted to complement Helen's recipes and distinct flavours, reimagining the way we cook, bake, serve and taste.

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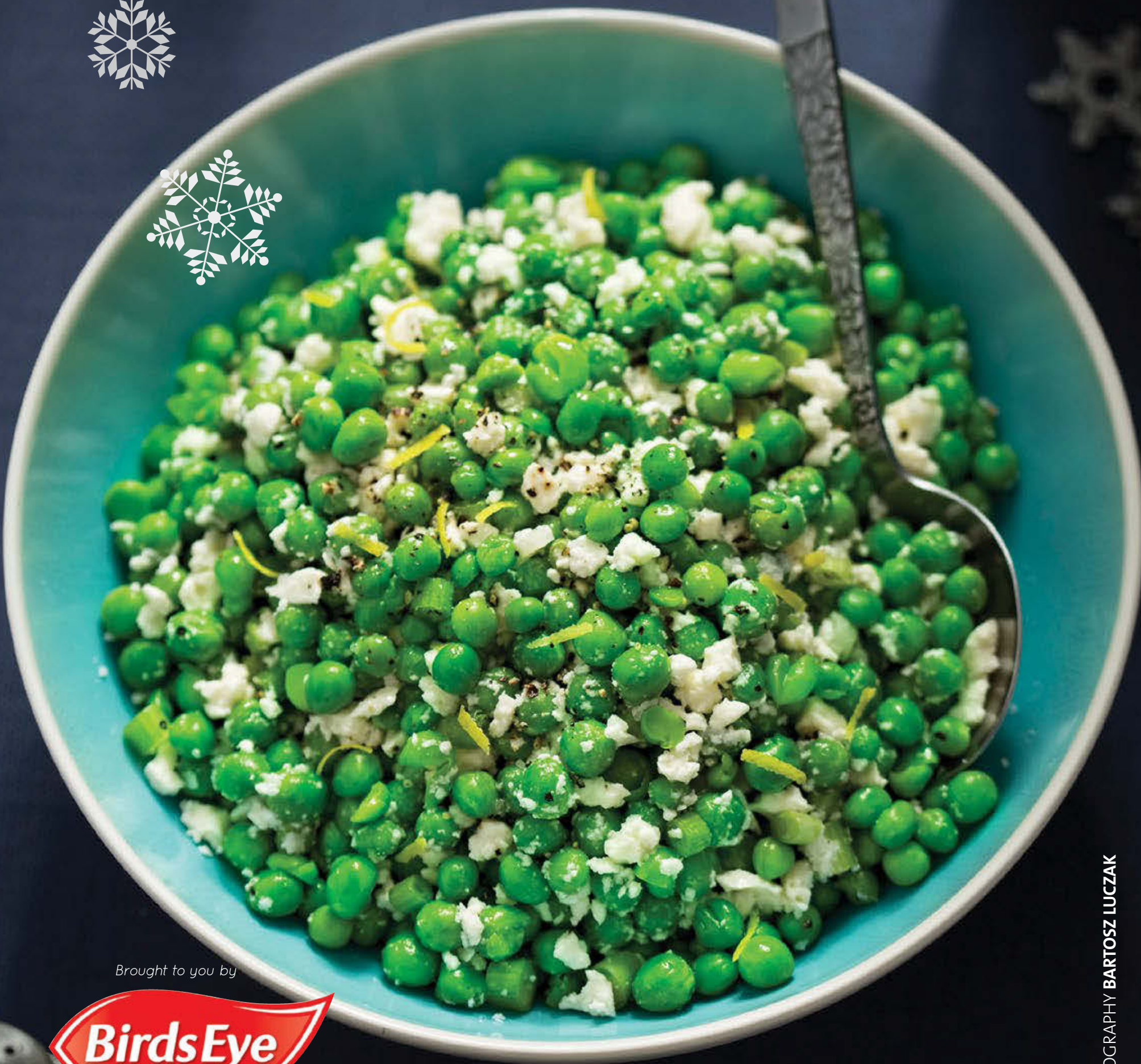
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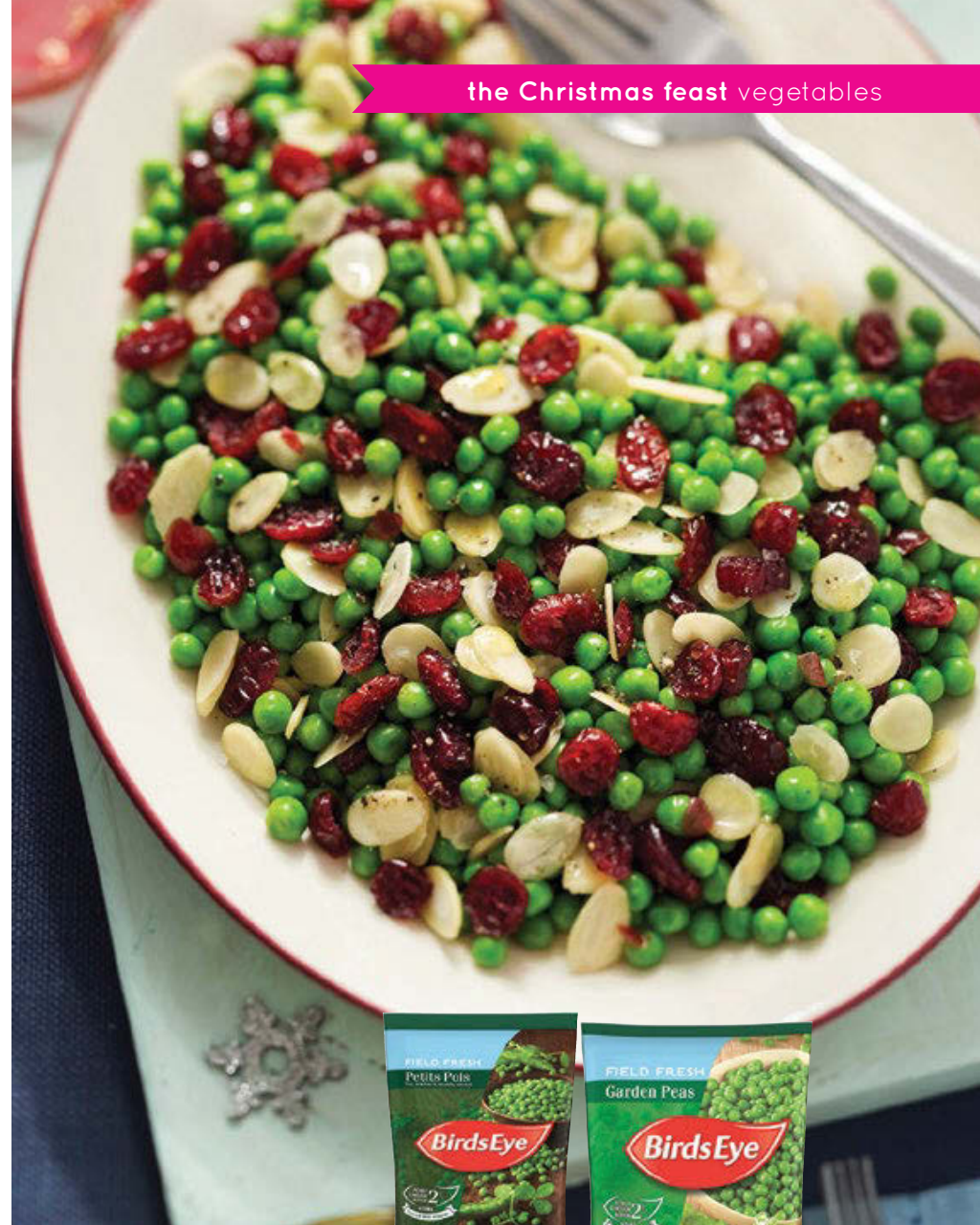
SEASONAL SIDES

Dress up your Christmas feast without spending hours in the kitchen



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Easy Food RECOMMENDS

Birds Eye know a thing or two about growing peas. After all, they've been growing them for over 65 years. To keep them perfectly sweet and juicy Birds Eye peas are frozen just 2½ hours from the moment they're picked so they are ideal to bring a burst of flavour, goodness and colour to any meal.

Petits pois, cranberry and almond medley

Serves 6

- 1 x 450g bag of Birds Eye Petits Pois**
- 100g dried cranberries**
- 70g flaked almonds**
- Extra-virgin olive oil**
- Salt and black pepper**

1 Cook the Birds Eye Petits Pois according to pack instructions and drain. While still warm, toss with the cranberries, almonds and a drizzle of oil. Season with salt and pepper and serve warm or at room temperature.

Per Serving 146kcal, 8.8g fat (1g saturated), 11.3g carbs, 3.1g sugars, 7g protein, 6.4g fibre, 0g sodium



Crushed peas and Feta

Serves 6

- 1 x 400g bag of Birds Eye Garden Peas**
- 1 tbsp olive oil**
- 200g Feta, finely crumbled**
- Juice of 1 lemon**
- 4 spring onions, finely sliced**
- Salt and black pepper**

To serve:

Lemon zest

- 1** Cook the Birds Eye Garden Peas according to pack instructions and drain well.
- 2** Add the oil and crush very lightly with a potato masher or the back of a fork.
- 3** Gently stir through the Feta, lemon juice and spring onions until combined. Season to taste and serve with a bit of lemon zest.

Per Serving 166kcal, 9.6g fat (5.3g saturated), 12.5g carbs, 4.9g sugars, 8.5g protein, 4.2g fibre, 0.422g sodium



Classic pea soup

Serves 4

- 30g butter**
- 1 onion, chopped**
- 1 potato, peeled and chopped**

- 1L vegetable stock**
- 1 x 400g bag of Birds Eye Garden Peas**
- 3 tbsp parsley, chopped**
- 200g ham, shredded**
- Juice of 1 lemon**
- Salt and black pepper**

To serve:

Crème fraîche

- 1** Heat the butter in a saucepan over a medium heat and cook the onion for 5-7 minutes until soft but not browned. Stir in the potato, then pour in the stock and bring to a simmer.
- 2** Simmer for 8-10 minutes or until the potato is soft. Add the frozen peas and cook for three minutes until heated through. Stir in the parsley.
- 3** Use a hand blender to purée the soup until smooth, or purée in a blender in batches. Stir in the ham and lemon juice and season to taste. Serve immediately with a dollop of crème fraîche, or store overnight and heat through the next day.

Per Serving 182kcal, 7.6g fat (3.7g saturated), 19g carbs, 4.9g sugars, 10.3g protein, 5.4g fibre, 1.052g sodium



Brought to you by



Balsamic petits pois

Serves 6

½ tbsp olive oil

100g mushrooms, sliced

½ an onion, chopped

1 x 450g bag Birds Eye Petits Pois

2 tbsp balsamic vinegar

- 1 Heat the oil in a frying pan over a medium heat. Add the mushrooms and onion and cook for 4-5 minutes until browned and soft.
- 2 Meanwhile, cook the petits pois according to pack instructions, drain and set aside.
- 3 Stir the balsamic vinegar into the pan with the onions and mushrooms and cook until it thickens slightly.
- 4 Pour the warm balsamic mixture into the petits pois and stir gently until combined. Serve warm.

Per Serving 79kcal, 1.5g fat (0g saturated), 12.3g carbs, 4.9g sugars, 4.7g protein, 4.2g fibre, 0g sodium



Crispy Parmesan vegetables

Serves 3-4

1 x 300g bag of Birds Eye Steamfresh

Green Medley with Garlic & Herbs

4 tbsp breadcrumbs

4 tbsp Parmesan, grated

- 1 Preheat the grill to medium-high.
- 2 Steamcook the Birds Eye Steamfresh Green Medley Vegetables in a microwave according to pack instructions.
- 3 Place in a baking dish and top with the breadcrumbs and Parmesan.
- 4 Grill for 3-4 minutes until the topping is golden brown and crisp.

Per Serving 80kcal, 2.5g fat (1.3g saturated), 10.2g carbs, 1.7g sugars, 5.8g protein, 2.2g fibre, 0.16g sodium



Easy Food RECOMMENDS

Escape from the kitchen this Christmas with Steamfresh vegetables from Birds Eye. Delicious, freshly frozen vegetables steamcooked in minutes in microwaveable bags to ensure that you get all of the flavour and goodness of tender vegetables. Each sharing bag provides 2-3 servings in delicious varieties including Green Medley with a hint of garlic and herbs and Italian Vegetables with basil, oregano and rosemary.



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FESTIVE TIPPLES



Wine writer, Liam Campbell matches some great wines with our Christmas Day feast

STARTERS

Mini-scotch eggs

Manzanilla, Williams & Humbert, D.O. Jerez, Spain 15%

Description: A delicate briny aroma. Chalk dry, light and elegant. Refreshing and bracing as sea spray with an almond nutty finish.

Verdict: Serve well chilled and consume within two days of opening.

Great with: The salty almond and lemon peel character will match the savouriness and the richness of the scotch eggs.

FROM: €11.99 at Marks & Spencer nationwide.



Russian Blinis and Cranberry & Walnut Brie

Rosé Sparkling Cuvée, Oyster Bay, New Zealand 12% [Delegat's Wine Estate]

Description: Palest pink in colour with subtle cranberry aromas. Bone dry, light-bodied and elegant with fresh raspberry fruit flavours.

Verdict: A svelte and glamorous sparkler.

Great with: Tongue tingling bubbles cut through the creamy texture of the brie and flatter the blinis, especially if topped with smoked salmon and cream cheese.

FROM: €20.99, but reduced to €17.99 during promotional periods nationwide at Dunnes Stores, Londis, SuperValu and Tesco.



MAINS

Roast Turkey and Vegetarian Mushroom Wellington

Cune 2012 Barrel Fermented, Rioja region, Spain 13.5% [Febvre]



Description: Dried hay and nutty aromas.

Delicious and subtly oaked with white pepper and hazelnut lifting the green apple fruit.

Verdict: Citrus fresh, elegant and medium-bodied.

Great with: Delicious and well matched with dense white meat and rich poultry, especially if herby and well-seasoned. Loves earthy vegetarian dishes, in particular mushrooms.

From: €16.99 at Supervalu nationwide.

Pinot Noir 2011, Brancott Estate, South Island, New Zealand 13.5% [Irish Distillers]

Description: Savoury meaty aromas showing typical Pinot character. Deeply layered with flavours of red fruits, earthiness and a savoury finish.

Verdict: Spiced red fruits wrapped in a silky texture.

Great With: A very food versatile wine. Because the thin grapes' skins have little tannins, Pinot Noir can be served cool and with white meats and poultry.

FROM: €15.28 at Tesco, Dunnes Stores, Supervalu, Centra, Spar and Londis nationwide. Molloy's Liquor Stores, Dublin citywide



Sticky Honey-Mustard Ham

Fleurie 2011, Joseph Drouhin, Beaujolais region 13% [Gilbey's]

Description: Tasty with red berry and strawberry fruity flavours and an echo of the vineyard's earthiness, concluding with a mineral finish from the pink granite soils.

Verdict: A savoury Beaujolais.

Great with: Baked ham was made for the Gamay grape from Beaujolais's village, Fleurie. However, if the ham is served cold, then a rosé wine from Spain or an off-dry/ halbtrocken German Riesling



is a better match.

FROM: €21.00 at Tesco nationwide and in Dublin: O'Brien's Wines citywide and The Vintry, Rathgar.

Mustard & Tarragon Roast Beef

Saint Emilion Grand Cru, Bordeaux region 2011 13% [Lidl]

Description: Merlot's juicy plum fruit dominates the blend and ripples over the taste buds with silky ease. Highlights of subtle oaky spice and a licorice finish from the Cabernet Franc.

Verdict: From some of the district's best "Grand Cru" vineyards.

Great with: A classic combination to partner with roast beef or lamb. A red meat lover.

FROM: €14.99 at Lidl nationwide.



DESSERTS

Ginger Puddings with salted caramel, Chocolate Baked Alaska and Mincemeat Bakewell Tart

Maury 2006, Gerard Bertrand Cotes du Roussillon region 16% [O'Brien's]

Description: Ripe and jammy strawberry fruits and spicy nutmeg flavour. A very warming finish from the spirit added during fermentation to block the yeast from converting all the grape's sugar into alcohol, hence the natural grapy sweetness.

Verdict: Both Banyuls and the lesser known Maury are naturally sweet wines (VDN/ Vin Doux Naturels) and both are renowned for being a compatible companion for chocolate.

Great with: The peppery spice of the wine will compete well with the ginger pudding. While the strawberry fruit will mirror the jam in the Bakewell Tart and the powerful alcohol can cope with richness of the chocolate.



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Loving THOSE LEFTOVERS

Make your Christmas leftovers vanish with these tasty crowd pleasers

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STYLING & PHOTOGRAPHY **BARTOSZ LUCZAK**



Veggie-stuffed mushrooms

Serves 4

4 large Portobello mushrooms, stems removed

1 tbsp olive oil

1 x 300g bag of Birds Eye Steamfresh Italian Vegetable Mix

150g leftover stuffing

1 Preheat the oven to 200°C/180°C fan/gas mark 6. Use a teaspoon to scrape out the brown gills from underneath the mushroom caps and discard. Rub the oil over the outside of the mushrooms.

2 Steamcook the Birds Eye Steamfresh Italian Vegetable Mix in a microwave according to pack instructions. Mix with the leftover stuffing.

4 Fill each cap with the stuffing mix and place on a baking tray. Bake for 18-20 minutes until the mushrooms are soft and the stuffing is golden.

Per Serving 209kcal, 9.1g fat (1.4g saturated), 24.2g carbs, 1.9g sugars, 7.3g protein, 1.9g fibre, 0.45g sodium



Ham carbonara

Serves 2-3

1 x 350g bag of Birds Eye Steamfresh

Creamy Cheese Penne

10g butter

200g leftover ham, cubed

1 Steamcook the Birds Eye Steamfresh Creamy Cheese Penne in a microwave according to pack instructions.

2 Meanwhile, heat the butter in a frying pan over a medium heat and cook the ham for a few minutes until warmed through. Stir in to the warm penne and serve warm.

Per Serving 207kcal, 9.68g fat (3.65g saturated), 15.93g carbs, 1.6g sugars, 12.73g protein, 2.75g fibre, 1.04g sodium



Easy ham and turkey paella

Serves 3-4

1 x 380g pack Birds Eye Steamfresh

Mediterranean Vegetable Rice

½ tbsp olive oil

250g leftover ham and turkey

1 Steamcook the Birds Eye Steamfresh Mediterranean Vegetable Rice in a microwave according to pack instructions.

2 Meanwhile, heat the oil in a pan over a medium heat and cook the leftover ham and turkey for 2-3 minutes until they are heated through.

3 Transfer the rice and meat to a serving bowl and keep warm.

Easy Food RECOMMENDS

Bored by Christmas leftovers? Avoid food fatigue and let the Birds Eye Steamfresh Rice and Pasta range transform leftovers into delicious meals. Steamcooked in just minutes in the microwave, each pack provides 2-3 servings with varieties including Mediterranean Vegetable Pasta, Creamy Cheese Pasta and Mediterranean Vegetable Rice.



Per Serving 232kcal, 8.45g fat (2.08g saturated), 21.2g carbs, 2.4g sugars, 16.6g protein, 1.45g fibre, 1.03g sodium





Mediterranean pasta bake

Serves 4-6

1 x 350g Birds Eye Steamfresh Mediterranean Vegetable Penne
1 x 300g Birds Eye Steamfresh Italian Vegetable Mix
150g leftover turkey, sliced and warmed through
1 x 125g ball of fresh Mozzarella, thinly sliced

- 1 Preheat the grill to medium-high.
- 2 Steamcook the Birds Eye Steamfresh Mediterranean Vegetable Penne and Steamfresh Italian Vegetable Mix in a microwave according to pack instructions.
- 3 When heated through, add half of the penne to the bottom of a baking dish. Top with a layer of Italian vegetables and the warm turkey.
- 4 Add the remaining penne. Arrange an even layer of Mozzarella on top and grill for five minutes until the Mozzarella has melted.

Per Serving 187kcal, 7.1g fat (2.9g saturated), 13.1g carbs, 3.1g sugars, 15.9g protein, 2.4g fibre, 0.402g sodium



Baked vegetable and ham croquettes

Makes 8

2 x 135g bags Birds Eye Steamfresh Super Sunshine Mix vegetables
400g leftover mashed potato
100g leftover ham, shredded or finely chopped
50g Cheddar, grated
1 egg yolk
1 tbsp flour
100g breadcrumbs
2 tbsp olive oil

- 1 Preheat the oven to 200°C/180°C fan/gas mark 6. Steamcook the Birds Eye Steamfresh Super Sunshine Mix in a microwave according to pack instructions.
- 2 Add the vegetables to a large mixing bowl with the mash, ham, Cheddar, egg yolk and flour. Mix until combined.

3 Shape the mixture into eight thick logs.

4 Mix the breadcrumbs with the oil until coated. Roll the potato logs in the breadcrumb mixture to coat evenly.

5 Place on a baking tray and bake for 15-20 minutes, turning occasionally, until browned and crisp.

Per Serving 108kcal, 1.3g fat (1.3g saturated), 14.4g carbs, 1.9g sugars, 4.9g protein, 1.8g fibre, 0.32g sodium



Easy Food RECOMMENDS

Birds Eye Steamfresh Vegetables offer delicious, freshly frozen vegetables steamcooked in minutes in microwavable bags to ensure that you get all of the flavour and goodness of tender vegetables every time. Choose from sharing bags with 2-3 servings or individual serving bags just for one.



a healthy *yuletide*

FESTIVE FOODS FOR EVERYONE



IN THIS SECTION

104-112

A LIGHTER CHRISTMAS P104

Enjoy a healthier festive season with these tasty low-fat alternatives

A LIGHTER CHRISTMAS

Enjoy a healthier festive season
with these low-fat alternatives

STYLING & PHOTOGRAPHY JOCASTA CLARKE

ALMOND ORANGE BISCOTTI

Makes about 30

Melted butter, for greasing
55g almonds, roughly chopped
3 egg whites
80g caster sugar
1 tbsp orange zest, finely grated
115g plain flour, sifted
80g dried cranberries

- 1 Preheat the oven to 180°C/160°C/gas mark 4. Lightly grease a 7 x 25cm loaf tin with melted butter. Line the tin with parchment paper, allowing it to overhang.
- 2 Place the almonds in a heatproof bowl and cover with boiling water. Set aside for five minutes to let the skins soften, then drain. Peel off the skins and pat dry on kitchen paper.
- 3 Meanwhile, use an electric beater to whisk the egg whites in a clean, dry bowl until soft peaks form. Add the sugar, one spoonful at a time, whisking well after each addition, until dissolved. Add the orange zest and whisk until combined.
- 4 In a bowl, combine the flour and cranberries. Use clean hands to move the cranberries around so that they are all coated in flour.
- 5 Fold the cranberry mixture and the almonds into the egg whites until just combined.
- 6 Spoon the mixture into the prepared pan and smooth the surface. Bake for 30 minutes or until cooked through, then remove to a wire rack and cool to room temperature.
- 7 Reduce the oven to 160°C/140°C fan/gas mark 3. Use a serrated knife to cut the loaf crossways into 5mm-thick slices. Place the slices in a single layer on a baking tray and bake for 10 minutes or until crisp and golden.
- 8 Cool on the tray for 5-10 minutes, then remove to a wire rack to cool completely.

Per Serving 42kcal, 1.5g fat (0g saturated), 6.4g carbs, 2.9g sugars, 1.2g protein, 0g fibre, 0.01g sodium



GLUTEN-FREE MINCE PIES

Makes 20

For the filling:

250g apples such as Golden Delicious or Pink Lady, finely chopped, skin on
125g raisins
50g cranberries
250ml apple juice, not from concentrate
½ tsp ground cinnamon



1/8 tsp ground nutmeg
½ tsp vanilla extract
Zest of ½ an orange
Splash of brandy (optional)

For the pastry:

500g ground almonds, plus extra for dusting
4 tbsp honey
60ml melted butter, plus extra to grease
2 eggs
2 tsp vanilla extract

- 1 First, make the filling. In a large pot, combine the apples, raisins and cranberries. Add the juice, cinnamon, nutmeg, vanilla and zest.
- 2 Cover the pot and simmer over a gentle heat for 30 minutes, stirring every now and then.
- 3 Add more apple juice if needed to keep moist, then simmer for another 30 minutes. Turn off the heat and allow to cool.
- 4 For the pastry, first preheat the oven to 150°C/130°C fan/gas mark 2.

- 5 In a large bowl, combine the ground almonds, honey, butter, eggs and vanilla. Mix by hand until a soft dough is formed, adding a splash or two of water if needed.
- 6 Roll the pastry out between two sheets of parchment paper and use a pastry cutter to cut into circles large enough to cover the base and sides of your muffin tin cups.
- 7 Lightly grease the muffin tin cups with butter and then dust with ground almonds to prevent sticking. Press one pastry circle into each, making sure the base and sides are covered. Fill each muffin tin hole with one tablespoon of the filling.
- 8 Roll out the rest of the pastry and cut out into small stars. Arrange these over the tops of the mince pies.
- 9 Bake for 30 minutes or until golden. Cool completely before turning out of the tin.

Per Serving 218kcal, 15.3g fat (2.6g saturated), 17.5g carbs, 11.1g sugars, 6.1g protein, 3.8g fibre, 0.024g sodium



LIGHTER MEATLOAF

Serves 4

Oil, for greasing

450g turkey or chicken mince

1 egg

30g breadcrumbs

2 carrots, grated (optional)

½ tsp dried thyme

½ tsp dried oregano

2 garlic cloves, crushed

1 small onion, grated

50g Parmesan, grated

Salt and black pepper

130ml tomato passata or pasta sauce of choice

40g Cheddar, grated

1 Lightly grease a loaf tin with oil and set aside.

2 In a large bowl, combine the turkey, egg, breadcrumbs, carrots, thyme, oregano, garlic,

onion and Parmesan. Season with salt and pepper and toss to combine.

3 Place the mixture in the greased loaf tin and use clean hands to form into a loaf. At this stage the meatloaf can be frozen, if desired.

4 When ready to prepare and serve, remove from the freezer and defrost completely. Preheat the oven to 180°C/160°C fan/gas mark 4.

5 Top the meatloaf with the tomato sauce, then place on a baking tray and bake for 40-45 minutes.

6 Remove from the oven and sprinkle the Cheddar over the top, then return to oven and bake for another 10 minutes or so until the cheese is melted and golden.

7 Rest for 8-10 minutes, then turn the meatloaf out of the tin, slice and serve.

Per Serving 296kcal, 12.2g fat (4.6g saturated), 14.8g carbs, 5g sugars, 32.4g protein, 2.4g fibre, 0.329g sodium



Top Tip

This would be a tasty option for St. Stephen's Day as it can be made ahead and frozen. Just move it to the fridge on Christmas night to defrost overnight



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Price €135 per person sharing, Sunday to Thursday / €155 per person sharing, Friday and Saturday – January to April 2015

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DAIRY-FREE LEEK AND CAULIFLOWER SOUP

Serves 4

1 tbsp olive oil
2 leeks, washed and roughly chopped
1 carrot, washed and roughly chopped
1 onion, roughly chopped
1 cauliflower, roughly chopped
100ml white wine
1 medium potato, peeled and sliced
1 tsp dried thyme
750ml chicken or vegetable stock
Salt and pepper, to taste

To serve:

Chives, chopped

- 1** Heat the olive oil in a large pot over a medium heat. Add the leeks, carrot and onion. Stir to coat in the oil, then cover and let the vegetables cook for five minutes until soft.
- 2** Add the cauliflower and stir to coat. Turn the heat to high. Add the wine and let it boil for a minute or two so that the alcohol evaporates.
- 3** Add the potato, thyme and stock to cover. Bring to the boil, then cover and let simmer on a low heat until the potato is soft.
- 4** Purée the soup with a hand blender, or transfer to a food processor to whizz. Return to the pan and season to taste with salt and pepper.

Per Serving 173kcal, 4.3g fat (0.7g saturated), 26.8g carbs, 8.2g sugars, 5.3g protein, 6.4g fibre, 0.672g sodium



Top Tip

Roast the tops of the squashes along with the bottoms. You can add the flesh to soups, stir into mashed potato or purée to make healthy baby food.

STUFFED APPLE AND LEEK BUTTERNUT SQUASH

Serves 4

4 small butternut squashes

1 tbsp extra-virgin olive oil, plus extra for brushing

Salt and black pepper

1 tbsp butter

1 leek, halved lengthwise and thinly sliced

1 Granny Smith apple, peeled and diced

1 tsp thyme, finely chopped

Small handful of fresh parsley, chopped

30ml light cream

40ml vegetable stock

150g log of goats' cheese, sliced into rounds

1 Preheat the oven to 180°C/160°C fan/gas mark 4. Cut the squashes in half where the bottom begins to narrow and remove seeds.

2 Brush the cut sides of the squashes with olive oil and season the cavities with salt and pepper. Place the squashes cut side down on two baking trays and roast for 20-25 minutes until just tender.

3 Meanwhile, melt the butter with the olive oil in a large pan over a medium heat. Add the leek and some salt and pepper and cook for 7-8 minutes, stirring occasionally, until softened.

4 Turn the heat to medium-high and add the apples and thyme. Cook for 5-6 minutes until the apple just begins to soften, then remove to a large bowl. Add the parsley, cream and stock and toss well. Season with salt and pepper.

5 Turn the squashes cut side up. Spoon the stuffing into the cavities and top with rounds of goats' cheese. Bake for 20 minutes until the squashes are tender and the cheese is golden brown, then serve.

Per Serving 349kcal, 22.3g fat (13.1g saturated), 27g carbs, 9.5g sugars, 13.4g protein, 4.4g fibre, 0.196g sodium



Vegetarian

MUSHROOM STUFFING

Makes enough to stuff a 5kg bird

Butter, for greasing

500g mixed mushrooms, quartered

70g butter

1 onion, diced

2 stalks celery, chopped

1½ tsp thyme

Salt and black pepper

1.25kg dried breadcrumbs

350ml hot chicken or vegetable stock

2 eggs, beaten

4 apples, cored, peeled and chopped

Handful of chopped fresh parsley

1 Butter one 9x13-inch casserole dish. Preheat the oven to 190°C/170°C fan/gas mark 5.

2 Melt the butter in a large pan and add the mushrooms, onion and celery. Cook for five minutes and then remove from the heat. Stir in the thyme and season with salt and pepper.

3 In a large mixing bowl, mix the breadcrumbs with the stock and eggs. Add the mushroom mixture, apples and parsley, and stir to combine well. Transfer to the casserole dish.

4 Cover with tin foil or a lid and bake for about 50 minutes. Remove the cover and bake for a further 10 minutes.

Per Serving 510kcal, 11.2g fat (4.5g saturated), 85.9g carbs, 14.1g sugars, 16.4g protein, 6.9g fibre, 0.906g sodium



SPICED POACHED PEARS

Serves 6

4 ripe pears, with stems, washed and dried

470ml Riesling, or other fruity white wine

4 tbsp honey

4 cinnamon sticks

2 bay leaves

4 strips of orange zest

To serve:

Ricotta

Honey

Egg-free

1 Preheat the oven to 200°C/180°C/gas mark 6.

2 Cut a thin slice off the bottom of each pear so that they stand upright. Arrange in a 9- or 10-inch baking dish. In a bowl, whisk the wine and honey until well combined, and then pour over the pears. Add the cinnamon sticks, bay leaves and orange zest to the wine around the pears.

3 Roast the pears for 50-60 minutes, basting every 15 minutes, until wrinkled and soft. Use a slotted spoon to transfer the pears to serving bowls.

4 Pour the wine mixture into a small saucepan and bring to a boil. Bubble for 6-7 minutes until slightly thickened, then drizzle over the pears.

5 Garnish the pears with the cinnamon sticks and orange zest. Serve warm with a dollop of Ricotta and a drizzle of honey.

Per Serving 235kcal, 1.1g fat (0.5g saturated), 45.3g carbs, 31.7g sugars, 2g protein, 6.8g fibre, 0.02g sodium

€ V LF GF





LIGHTER GRAVY

Serves 4

1 small carrot, peeled and finely chopped
1 small celery stalk, finely chopped
1 small onion, finely chopped
2 tbsp unsalted butter
4 tbsp cornflour
470ml reduced-salt chicken stock
470ml reduced-salt beef stock
1 bay leaf
¼ tsp dried thyme
6-7 whole black peppercorns
Salt and black pepper

1 Melt the butter in large heavy-bottomed saucepan over a medium-high heat. Add the vegetables and cook for 7-8 minutes, stirring frequently, until softened and well browned.

2 Reduce the heat to medium. Stir in the cornflour and cook, stirring constantly, for about five minutes until thoroughly browned.

3 Whisking constantly, gradually add the stock. Turn up the heat and bring to a boil, skimming off any foam that forms on surface.

4 Reduce the heat to medium-low and add the bay leaf, thyme, and peppercorns. Simmer for 25 minutes, stirring occasionally, until thickened and reduced.

5 Strain the gravy through a fine-mesh sieve into a clean saucepan, pushing through with the back of a spoon to extract as much liquid as possible. Discard any solids left in the sieve. Season to taste.

Per Serving 122kcal, 6g fat (3.8g saturated), 15.7g carbs, 3.5g sugars, 1.8g protein, 1.1g fibre, 0.515g sodium

€ ☺ LF DF

Substitute
For a veggie version,
just replace the
chicken and beef
stocks with
vegetable stock.

Kids' Crimbo

SANTA'S HUNGRY LITTLE HELPERS



IN THIS SECTION

SANTA CLAUS IS COMING TO TOWN! P114

Welcome St. Nick in style with these fun and festive cookies

THE GIFT OF GIVING P118

Lovely presents to make at home, because sometimes handmade gifts are the nicest of all

Santa Claus

IS COMING TO TOWN

WELCOME ST. NICK IN STYLE WITH THESE
FUN AND FANCY CHRISTMAS COOKIES



Starry night shortbread

Chocolate swirl cookies



Santa's favourite snowballs



Candy cane meringues



Jeffee crispie squares





TOFFEE CRISPIE SQUARES

Makes 1 tray

90g butter
155g sugar
1 x 397g tin of condensed milk
1 tbsp golden syrup
½ tsp vanilla extract
65g puffed rice cereal
200g good-quality milk chocolate

- 1 In a medium saucepan, melt the butter and sugar together. Add the condensed milk and golden syrup and bring slowly to the boil.
- 2 Simmer for 20 minutes, stirring continuously. The mixture is ready when a teaspoonful dropped into a bowl of cold water forms a soft ball. At this stage, remove the pan from the heat and add the vanilla and puffed rice cereal. Stir to combine well.
- 3 Press the mixture into a baking pan greased lightly with butter.
- 4 Melt the chocolate in a bowl set over a pan of simmering water. When melted, pour over the top of the toffee cereal mixture and use a palette knife or spatula to spread out. Allow to cool for a few minutes, then refrigerate for 2-3 hours to set completely. Cut into squares.

Per Serving 162kcal, 7g fat (4.6g saturated), 23.4g carbs, 20g sugars, 2.2g protein, 0g fibre, 0.051g sodium



STARRY NIGHT SHORTBREAD

Makes about 30-32 cookies

125g butter, at room temperature
60g icing sugar
1 tsp vanilla extract
150g plain flour
½ tsp ground cinnamon
30g sugar, for sprinkling

- 1 Line two baking trays with parchment paper. In a bowl, use an electric beater to beat together the butter, icing sugar and vanilla until pale and creamy.
- 2 Add the flour and cinnamon and stir until the dough comes together. Turn onto a lightly floured surface and knead for 3-4 minutes until smooth. Shape into a ball, wrap in clingfilm and refrigerate for 15-20 minutes.
- 3 On a floured surface, roll out the dough until it's about ½cm in thickness. Use a small star-shaped pastry cutter to cut around 30 stars from the dough. Place on the prepared baking trays and freeze for 15 minutes. Meanwhile, preheat the oven to 160°C/140°C fan/gas mark 3.
- 4 Sprinkle the biscuits with sugar and bake for 12-15 minutes or until golden, swapping the trays around halfway through cooking. Cool on the trays for five minutes before transferring to a wire rack to cool completely.

Per Serving 56kcal, 3.2g fat (2g saturated), 6.4g carbs, 2.8g sugars, 0.5g protein, 0g fibre, 0.023g sodium



CANDY CANE MERINGUES

Makes about 45 small meringues

2 egg whites
1/8 tsp salt
1/8 tsp cream of tartar
100g white sugar
½ tsp peppermint extract

To decorate:

2 peppermint candy canes, crushed

- 1 Preheat the oven to 110°C/90°C/gas mark ¼. Line two baking trays with tin foil.
- 2 In a large glass or metal mixing bowl, beat the egg whites, salt and cream of tartar until the mixture forms soft peaks.
- 3 Gradually add the sugar, continuing to beat in bit by bit until the mixture forms stiff peaks. When the mixture is ready, gently stir in the peppermint extract.
- 4 Pour the mixture into a Ziplock bag (you may need to do this in batches) and cut off one of the bottom corners. Pipe bite-sized meringues onto the baking trays and sprinkle crushed candy canes over them.
- 5 Bake for 1½ hours until the meringues are completely dry on the inside, then turn off the oven and use a wooden spoon to prop the oven door ajar. Allow the meringues to rest in the oven until they are completely cool.
- 6 Use a metal spatula to release the meringues from the tin foil.

Per Serving 12kcal, 0g fat (0g saturated), 2.9g carbs, 2.8g sugars, 0.2g protein, 0g fibre, 0.01g sodium





CHOCOLATE SWIRL COOKIES

Makes about 70 cookies

For the filling:

300g milk chocolate chips

150g condensed milk

1 tbsp butter

For the biscuit:

160g butter, at room temperature

½ tsp salt

1 tsp vanilla extract

150g brown sugar

250g all-purpose flour, sifted

Splash of milk

Handful of walnuts, chopped (optional)

Red and green sprinkles (optional)

1 Preheat the oven to 180°C/160°C fan/gas mark 4.

2 In a bowl set over a pan of simmering water, melt the chocolate, condensed milk and butter. Stir together and set aside to cool slightly

while you make the biscuit.

3 In large bowl, cream together the butter, salt, vanilla and sugar. Blend in the flour and mix well. Add a few drops of milk, just enough to help it come together.

4 Divide the dough in three. On a lightly floured surface, roll each one out to a rectangle, with one of the longer sides facing towards you. Spread each with a third of the chocolate filling and sprinkle with walnuts and/or sprinkles, if desired.

5 Roll each one up, starting with the long side closest to you and working away from you. Carefully transfer each roll to an ungreased baking tray.

6 Bake for 20-25 minutes, or until light golden brown. Cool slightly before removing from the baking tray. Sprinkle with icing sugar. Allow to come to room temperature, then wrap in clingfilm and refrigerate for 1-2 hours.

7 When chilled, cut into 1cm slices.

Per Serving 66kcal, 2.9g fat (1.6g saturated), 9.1g carbs, 3.3g sugars, 0.8g protein, 0g fibre, 0.05g sodium



SANTA'S FAVOURITE SNOWBALLS

Makes about 20

170g butter, at room temperature

1 tsp vanilla

1 tbsp water

Pinch of salt

65g sugar

300g flour

Pinch of cinnamon (optional)

300g chocolate chips

100g walnuts, chopped

Icing sugar, for dusting

1 Preheat the oven to 180°C/160°C fan/gas mark 4.

2 In a bowl, cream together the butter, vanilla, water, salt and sugar. Add the flour and cinnamon, if using, and mix well. Stir in the chocolate chips and walnuts.

3 Use clean hands to break off small pieces and roll into balls about 2cm in diameter. Place on a baking tray and bake for 20-22 minutes, then remove from the oven. Cool for 6-7 minutes.

4 While the cookies are still a little warm, dust them with icing sugar "snow."

Per Serving 239kcal, 14.4g fat (7.7g saturated), 24.1g carbs, 11.1g sugars, 4g protein, 1.3g fibre, 0.119g sodium



THE GIFT OF GIVING

Sometimes handmade gifts are the best of all! Why not make one of these gifts for your parents, favourite teacher or your best friend?



Merry Christmas

SNOWMAN COOKIE POPS

Makes 6

**Hayes (age 5) and Belle (2) Cooper
Celbridge, Co. Kildare**

"We loved making the Snowman Cookie Pops! Apart from the chocolate dipping part, the other bits were easy for us to do. They're great fun to make and I love decorating their faces. Belle liked to taste test! We used Rolos and chocolate buttons for the hats and sweetie laces for scarves. The melted white chocolate made good glue to stick them on. Our whole family enjoyed them!" – Hayes

6 Jacob's Kimberley biscuits (or any other brand of sandwich biscuits with marshmallow centres!)

2 x 100g bars of white chocolate

Chocolate chips

Ribbons or sweet laces

- 1** Take the biscuits and insert a lollipop stick into the centre of each one.
- 2** Melt some white chocolate in a bowl set over a pot of gently simmering water.
- 3** When the chocolate is melted, dip the biscuit lollies in one by one to coat them in chocolate. Lay on some wax paper to dry.
- 4** When they're dry, repeat steps 2 and 3 to add a second coating of white chocolate.
- 5** While the second coat is drying, stick on some mini chocolate chips for the eyes and the mouth and an orange jelly for the nose. Allow to dry and then decorate by tying a ribbon around the stick, just under the biscuit, as a "scarf".

Per Serving 240kcal, 11.7g fat (6.8g saturated), 31.4g carbs, 26g sugars, 2.8g protein, 0g fibre, 0.123g sodium



"To give and not expect return, that is what lies at the heart of love." - Oscar Wilde



The gift

"These will be a lovely gift for my teacher and the people who look after me after school."

- Hayes

"I'm giving mine to my nanny!"

- Belle



HOMEMADE MARSHMALLOWS

Makes about 50

Andrew (age 12) Ryan, Navan, Co. Meath

"I had great fun making these. They are so delicious, it's so hard to stop eating them while you make them! They're so easy, you don't need to wait 'til Christmas, you can make them any time."

The gift

"I will definitely give these to my teacher because she might go easy on me on my spelling test! But the recipe would make enough to give everyone in my class a bag. If there were any left I MIGHT give some to my brothers!" – Andrew

120ml cold water

20g gelatin

400g caster sugar

250g golden syrup

60ml water

1 tsp vanilla extract

- 1 Line a baking dish with cling film and spray with cooking spray.
- 2 Measure the cold water into a mixing bowl and sprinkle the gelatin over the water. Leave to stand for 10 minutes.
- 3 Into a pot, measure the caster sugar, golden syrup and water. Place over a high heat and bring to the boil. Boil for one minute, then remove from the heat.
- 4 Start beating the gelatin mixture with an electric whisk, then ask an adult to slowly and carefully pour in the hot syrup mixture. Whisk for 10-15 minutes.
- 5 Stir in the vanilla extract, then spread the mixture into the prepared baking dish and smooth out with a spatula.
- 6 Leave to stand and set for two hours, then cut into squares and dust with icing sugar.

Per Serving 46kcal, 0g fat (0g saturated), 11.9g carbs, 9.3g sugars, 0.3g protein, 0g fibre, 0.009g sodium



"No-one has ever become poor by giving"
- Anne Frank

PRESENTATION TIPS:

- You could divide the marshmallows between clear bags (like freezer bags) and tied the tops with pretty ribbons.
- Alternatively, collect containers from takeaways and use them as little gift boxes; you can add your own homemade labels if you like!





JAM JAR CANDLEHOLDERS

Rachel (age 8), Frank (4) and Stephen (2) Hussey, Taghmon, Co.Wexford

"We had a fun time making the Christmas candle light holders. We liked doing the design and painting, and even Stephen tried to help, but mostly he just spilled glitter all over the kitchen! The instructions were easy to follow. Daddy is not very good at drawing, but he used some biscuit cutters to help us trace out the pictures." – Rachel

- 1 Ask your parents to help you collect some used jam jars. Wash them in soapy water and peel off the labels. Make sure they're thoroughly dried.
- 2 Draw your design on a piece of paper with a black marker: you could do a Christmas tree, an angel, some stars or anything else you like.
- 3 Put the paper inside the jar with the design facing out, and push a cloth or sock in behind it to hold it in place. Now use a marker to trace your design onto the glass.
- 4 Use craft glue to paint in any part you'd like to have glitter. Holding the jar over a sheet of newspaper, pour coloured glitter over the design and watch it stick. Leave it to dry for a few hours.
- 5 Use enamel or acrylic paint (or leftover wall paint!) to colour in any other parts you like and then leave it to dry for at least 24 hours.
- 6 Line a baking tray with tin foil and put the jars on top. Turn the oven to 180°C/160°C fan/ gas mark 4 and immediately put the tray of jars in the oven.
- 7 Set a timer for 20 minutes. When the timer goes off, turn off the heat, but leave the jars in for another 10 minutes. Remove the jars and allow to cool.
- 8 Pop a tealight in each jar.

"May no gift be too small to give, nor too simple to receive, which is wrapped in thoughtfulness, and tied with love." L.O. Baird

DECORATING TIPS:

- If you like, you could make a stripy glitter candleholder by wrapping a few pieces of double-sided sticky tape around the jar in stripes, and then coating them in glitter.

The gift
"These are for
Auntie Jenny, Pop
and Granny!"
– Frank





HAMPERS & Co

WHATEVER THE SEASON, WHATEVER THE REASON

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TREE COOKIES

Makes about 30

Conor and Ruairi Coakley (age 7), Kenmare, Co. Kerry

"The cookie making was class. Both of us thought it was great fun and we're going to make some for all of the kids in our class this Christmas." – **Conor**

280g butter, at room temperature

200g sugar

1 large egg

1½ tsp vanilla extract

315g flour, plus extra for rolling out

½ tsp baking powder

½ tsp salt

1 Cream the butter and sugar together in the bowl of an electric mixer with a paddle attachment on low to medium speed. Mix until well incorporated.

2 Add the eggs and vanilla extract and mix together briefly.

3 Sift the flour, baking powder and salt together, add to the bowl and mix until the dough clumps together.

4 Put the dough between two large pieces of baking paper and use a rolling pin to roll it into a circle. Place it on a baking tray and put it in the fridge for at least one hour.

5 Roll out the dough further on a lightly floured surface, and use pastry cutters to cut out whatever shapes you'd like. Line baking trays with parchment paper and place the cookies on them, leaving a little space between each one. Re-roll the scraps of dough and repeat until you've used it all.

6 Use a clean skewer to poke a small hole in each cookie to thread a ribbon through later.

7 Put the cookie dough shapes back into the freezer for 10 minutes to 15 minutes to chill again so that they will hold their shape better when baked.

8 Preheat the oven to 180°C/160°C fan/gas mark 4. Bake the cookies for 8-12 minutes, or until the edges become golden brown.

9 Let the cookies cool to room temperature, then decorate them any way you like. To finish, thread a string or ribbon through the hole in each cookie and tie the end in a knot.

Per Serving 133kcal, 7.8g fat (4.9g saturated), 14.8g carbs, 6.8g sugars, 1.4g protein, 0g fibre, 0.095g sodium



DECORATING TIPS:

- Dip half of each cookie in melted chocolate and leave to dry on parchment paper.
- Put some icing in a piping bag (or buy writing icing, found in the baking aisle in the supermarket) and use to draw a design.
- Buy some edible shimmer spray (found in the baking aisle in the supermarket) and spray the cookies silver or gold.

The gift

"We are going to make some for our teacher Miss Laffey because she's so nice, and for all the kids in our class!"
– **Ruairi**



"It's not how much we give but how much love we put into giving." - Mother Teresa



Christmas



All the tips, tricks and know-how you need to make sure your Christmas is hassle free!



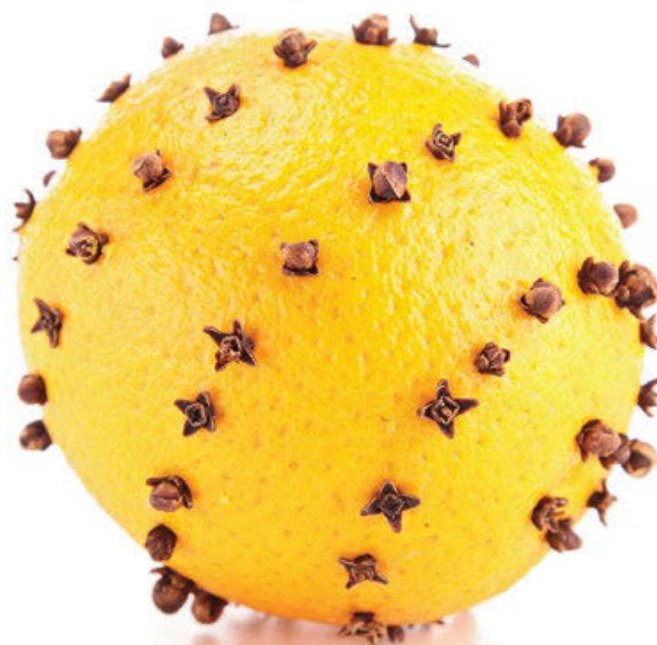
WORLDWIDE TRADITIONS, P.90



DESSERT TOPPERS, P.91



CHRISTMAS KITCHEN AGONIES, P.94



INSPIRING IDEAS, P.95

FUN FOODIE FACT:

In 1213, the menu for the Christmas dinner served to King John of England included 3,000 capons, 1,000 salted eels, 400 hogs, 100 pounds of almonds, and 24 casks of wine!

CHRISTMAS TRADITIONS WORLDWIDE!

Healthy, tasty and quick to cook, white fish is a great ingredient, but some species are at risk of over-fishing. Here are our favourite alternatives to the ever-popular cod and haddock.



In **Japan**, Christmas dinner is often fried chicken! December 25th is the busiest time of year for KFC, and people can even place advance orders at their local fast food restaurant!



Children in **Haiti** fill their shoes with straw and place them under the tree on the porch in the hope that Santa will replace the straw with presents. Children of all ages are permitted to drink Anisette, a drink made by soaking anise leaves in rum and sweetened with sugar.



The main celebrations are on Christmas Eve in the **Czech Republic**, with a meal of fish soup and fried carp with potato salad. Some people fast during Christmas Eve in the hope that they will see a vision of “the golden pig” appear on the wall before dinner, a sign of good luck!



Traditional Christmas foods in **Ethiopia** include wat, a thick and spicy stew with meat, vegetables and eggs, eaten on a flatbread. However, the Ethiopian Orthodox Church still uses the old Julian calendar, so they celebrate Christmas on January 7th!



Instead of having traditional Christmas trees, **Indian** families often decorate a banana or mango tree, sometimes also using mango leaves to decorate their homes.

TO STUFF OR NOT TO STUFF

The debate over whether to cook stuffing inside or outside the bird is never-ending! We break down the pros and cons of stuffing your Christmas turkey.



Pros

- **Moister, more flavourful stuffing.** Stuffing inside the turkey's cavity will absorb all of the delicious juices from the bird as it cooks.
- **More flavour for the bird.** Stuffings with stronger flavours, like a sausage stuffing, impart some of their taste to the turkey.
- **It's what Mum used to do.** Serving a stuffed turkey is traditional in many families, and it's always tempting to follow family recipes.
- **Aesthetic appeal.** The presentation of a golden, bread-filled bird really does look nice in photos.



Cons

- **Longer cooking times.** The most commonly-cited reason for not stuffing a turkey is food safety, but it's not the stuffing itself that is the problem. A stuffed turkey takes longer to cook, as the centre of the stuffing must reach a hot 310°C to ensure any pathogens have been eradicated.
- **Drier meat.** A longer cooking time means a hotter, drier turkey. When the stuffing reaches 310°C, the innermost thigh of the turkey is likely around 350°C. This is much hotter than it needs to be, meaning drier meat.
- **Not veggie-friendly.** If you do plan to stuff your turkey, be aware that any vegetarians at your table will not be able to eat the stuffing.



FUN FOODIE FACT:
Not that it's particularly tempting, but many parts of the Christmas tree are actually edible, with the needles being a good source of Vitamin C!

Shelf Stars

BECAUSE TASTE MATTERS WITH CARR'S

Carr's, one of the oldest and most iconic cracker brands available today, is renowned for its Table Water Crackers, which first appeared in their original form in the late 19th Century. With their delicate crisp texture, Carr's Table Water Crackers are still baked today using traditional brick ovens in the proud tradition established by Jonathan Dodgson Carr.

Be sure not to miss out on Carr's Selection Box this Christmas, which holds a delicious collection of Carr's finest quality biscuits. A must-buy for the upcoming party season if you want to impress, or for you to enjoy as you sit back and unwind with loved ones over the festive season.



DUBLINER CHEESE

The award winning Dubliner Cheese Original, Vintage and Lighter range has been revitalised with a fresh contemporary look and the new packs are on shelf now. All are perfect options for the festive season, particularly Dubliner Vintage, which is a delicious strong tasting cheese that boasts a full bodied sweet and nutty flavour with a lingering aftertaste! How could anyone resist such exquisite tastiness on Christmas Day, St. Stephen's Day or, in fact, any other day over the festive period? 100% natural, the Dubliner Cheese range has no additives or preservatives and is suitable for vegetarians, coeliacs and diabetics - the perfect choice for the entire family.



DR. OETKER'S REGAL-ICE

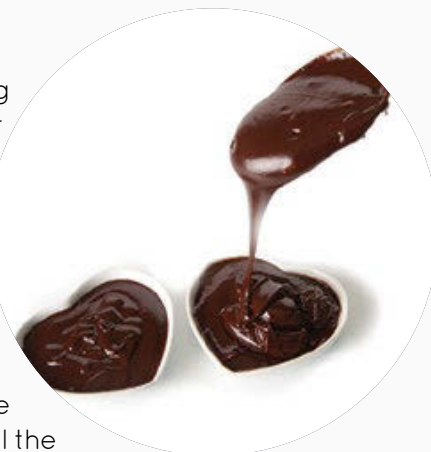
Ready to Roll White Icing is a premium quality icing that sets firmly on your cake and cuts cleanly and easily. It gives a smooth finish and is perfect for all your Christmas cakes, fairy cakes and cookies. It can also be coloured and moulded to create beautiful sugar decorations like mini snowmen! It also comes in handy Ready Rolled format, which has been conveniently pre-rolled so it is ready to lift and smooth onto your cake for a foolproof perfect finish!



DESSERT TOPPERS

CHOCOLATE SAUCE

In a bowl, whisk together 150g sugar, 1½ tablespoons of flour and 45g cocoa powder. Heat 300ml milk, 30g butter and ½ a teaspoon of vanilla extract in a saucepan over a medium heat until the butter melts. A little at a time, whisk the dry ingredients into the milk mixture. Increase the heat to medium-high until the mixture comes to a simmer, and cook for six minutes, stirring constantly. Turn off the heat and whisk in a pinch of salt. Pour hot over ice cream or store in the fridge in an airtight container.



CUSTARD

Place 570ml cream in a pan over a gentle heat until almost simmering, stirring it occasionally with a wooden spoon. In a medium bowl, whisk together six large egg yolks, 50g of golden caster sugar, one level dessertspoonful of cornflour and one dessertspoon of vanilla extract. Whisking the egg mixture constantly with one hand, gradually add the hot cream. Once combined, immediately return the lot back to the saucepan over a gentle heat. Continue whisking until the custard reaches simmering point and is thick and smooth. Serve immediately or pour into a jug or bowl, cover with clingfilm and leave to cool, reheating later.



FLAVOURED WHIPPED CREAM

Vanilla whipped cream: Whip 240ml heavy cream until soft peaks form, then add one teaspoon of pure vanilla extract and one tablespoon of sugar and beat until stiff peaks form.

Coffee whipped cream: Stir two teaspoons of espresso powder and a generous tablespoon of sugar into 240ml heavy cream. Whip as usual, tasting and adjusting the sweetness toward the end.

Chocolate whipped cream: Use one tablespoon of unsweetened cocoa powder and four teaspoons sugar for 240ml heavy cream. (To avoid lumps, mix the cocoa and sugar with a tablespoon or two of the cream to form a thick paste before stirring in the rest of the cream.)

Lemon whipped cream: Use one tablespoon of sugar and three tablespoons of cold lemon curd for 240ml heavy cream. Whip the cream with the sugar until thick but not stiff, then whisk in the curd.



CHRISTMAS MOCKTAILS

A booze-free festive season can still be just as delicious with these great non-alcoholic options.

The Christmas fizz

In a large glass jug or carafe, combine one litre of chilled sparkling water, one litre of chilled ginger ale and 700ml chilled white grape juice. Serve immediately in champagne flutes.



The Yuletide punch

In a large jug or punch bowl, combine 950ml cranberry juice with 300g sugar, 950ml pineapple juice and one tablespoon of almond extract. Whisk until the sugar has completely dissolved and chill for an hour. Just before serving, add 950ml of ginger ale.

The spiced hot chocolate

In a saucepan, make enough cocoa to fill four large mugs. Add half a teaspoon each of nutmeg and hot chilli powder. Divide between serving mugs and garnish each with a cinnamon stick.

The Virgin Mary

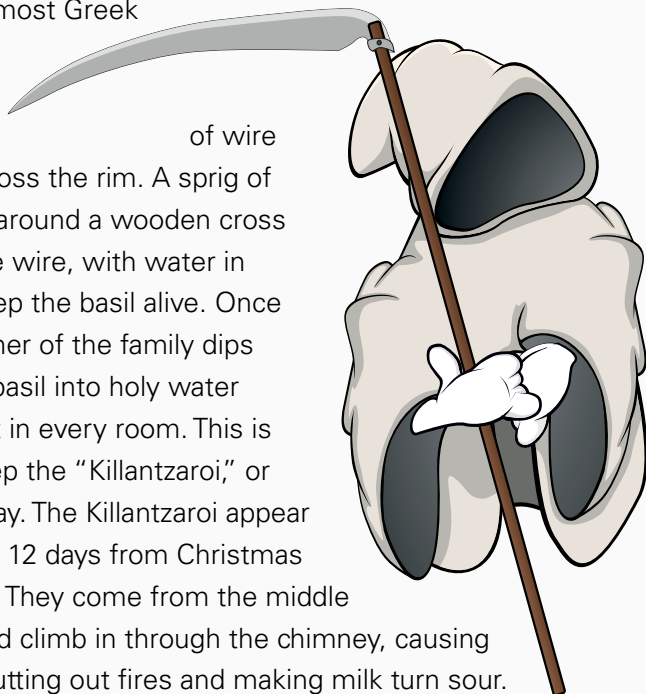
Pour 250ml tomato juice into a glass. Add 2-3 drops of Tabasco sauce and sprinkle with a pinch of salt and black pepper. Stir with a celery stalk and serve.

The partridge

In a pan, heat ten tablespoons of water with ten tablespoons of sugar, stirring until the sugar dissolves completely. For each cocktail, place two tablespoons of this syrup into a cocktail shaker with 80ml pear juice, a squeeze of lemon juice and a squeeze of lime juice. Shake for about ten seconds, then pour into a tumbler over ice and garnish with a mint sprig or a slice of pear.

THE (EVIL) SPIRIT OF CHRISTMAS!

At Christmas, most Greek houses have a shallow bowl with a piece of wire suspended across the rim. A sprig of basil wrapped around a wooden cross hangs from the wire, with water in the bowl to keep the basil alive. Once a day, the mother of the family dips the cross and basil into holy water and sprinkles it in every room. This is believed to keep the "Killantzaroi," or bad spirits, away. The Killantzaroi appear only during the 12 days from Christmas to January 6th. They come from the middle of the earth and climb in through the chimney, causing mischief like putting out fires and making milk turn sour.



Shelf Stars

AVONMORE FRESH DESSERT CREAM

has a luxuriously smooth and thick consistency, allowing consumers to provide a restaurant-quality finish to desserts at home.

Avonmore Fresh Dessert Cream is already thickened and slightly sweetened, making it perfect for pouring straight from the bottle (no whipping required) over all of your festive favourites such as Christmas Pudding, Mince Pies and Trifles. Avonmore Fresh Dessert Cream comes in a 250ml Easy Pour bottle and is the perfect finish for all your Christmas desserts.



BIRDS EYE

Birds Eye know a thing or two about growing peas. After all, they've been growing them for over 65 years. To keep them perfectly sweet and juicy Birds Eye peas are frozen just two hours from the moment they're picked, so they are ideal to bring a burst of flavour, goodness and colour to any meal.



BIRDS EYE

Bored by Christmas leftovers? Avoid food fatigue and let the Birds Eye Steamfresh Rice and Pasta range transform leftovers into delicious meals. Steamcooked in just minutes in the microwave, each pack provides 2-3 servings with varieties including Mediterranean Vegetable Pasta, Creamy Cheese Pasta and Mediterranean Vegetable Rice.



SAY CHEESE!

Do you have any leftovers from following our Christmas cheeseboard feature on p. 28? Here are some great ideas for using up the last of your cheese!



Be souper-woman. Any leftover vegetables can be used to make soup – why not add some cheese for a little something different? Try broccoli and blue cheese soup, or parsnip and Parmesan.

Freeze those rinds. The rinds of harder cheeses like Parmesan, pecorino, Manchego or Coolea Extra Mature can be frozen and later added to stews, casseroles, sauces and soups while simmering, for a funky flavour boost.

Oooh, saucy. The last few odds and ends of different cheeses can be melted into a decadent cheese sauce for an easy pasta bake, or even used as an informal fondue. Start dipping!

Are you ready? Why not make cheesy bread, or a batch of cheese and tomato scones?

Get stuffed. Use leftover cheese and cranberry sauce to stuff chicken fillets for a tasty dinner you didn't have to shop for. You could also poke a little cheese into the middle of meatballs for a hidden surprise!

Make fromage fort. Mix all of your bits of cheese together in a blender with a little white wine, butter, one or two crushed garlic cloves, seasoning and any herbs you like. The resulting soft cheese spread is called *fromage fort*, and is a traditional (and delicious) French way to use up leftovers.

Tuppence a bag. Any last little bits that we humans definitely won't eat should be left on a windowsill or bird table outside. Birds have it hard during the winter months, and cheese provides them with valuable fat to keep themselves warm.

SAVING TIME ON THE DAY

Christmas Day can be hectic in the kitchen. Here are some tasks to tick off your list in the run-up to the main event, so that Christmas morning is smooth sailing.

Three or four months before: Christmas puddings and traditional Christmas fruit cakes taste better the longer they've been resting, so why not get this job out of the way nice and early?

One month before: Things like gravy, bread sauce, braised red cabbage, mashed potatoes, brandy butter, cookies and mince pies can all be made in advance and kept in the freezer. Soup can be prepared early and frozen as well, provided any cream is added later, after thawing. Cranberry sauce can be made and kept in a clean, sterilised Kilner jar in the fridge.



One week before: Chicken liver pâté will keep perfectly in the fridge for a week as long as it's been sealed with a thick layer of butter. If you're planning on making chocolate truffles, these freeze really well (and are, incidentally, also delicious frozen!)

Three days before: Blanch root vegetables and Brussels sprouts in boiling water, then drop them into ice water to cool instantly. Pat them dry with kitchen paper and store in an airtight container in the fridge.

One day before: Make the stuffing and store it in an airtight container in the fridge. Any potato or vegetable gratins can be made today and kept in the fridge overnight.

MAKE IT A MEAT FEAST

BLACK PUDDING AND APPLE STUFFING

Preheat the oven to 180°C/160°C fan/gas mark 4. Cook two diced onions in a large knob of butter for five minutes, then add one diced Granny Smith apple and cook for another 3-4 minutes. Cool, then mix with 400g black pudding and 400g good quality sausages, all casings removed. Add one tablespoon of dried sage and 140g breadcrumbs, stir to combine and season well.

PANCETTA AND PRUNE STUFFING

In a large pan, fry 220g pancetta over a medium-high heat for 5-6 minutes, until crisp. Using a slotted spoon, remove to a large bowl. Drain the fat from the pan and melt 50g butter over a medium heat. Cook two chopped onions, three crushed garlic cloves, four teaspoons of dried sage and two chopped sprigs of rosemary for about 10 minutes, stirring occasionally until softened. Season and add to the pancetta. Add 500g cubed, day-old sourdough bread, 250g pitted, chopped prunes and a handful of fresh parsley and stir to combine.

SAUSAGE, CHESTNUT AND CRANBERRY STUFFING

Soak 110g dried cranberries in 60ml ruby port for one hour. Melt 50g butter in a pan over a medium heat. Add three

Tired of the same stuffing recipe every year? Mix it up with one of these creative alternatives for the meat-lovers in your life.

chopped shallots and cook gently until tender. Remove from the heat and cool slightly, then place in a large bowl. Add the cranberries and port and mix well. Add 450g good-quality sausage meat, 85g breadcrumbs, one teaspoon of fresh thyme leaves, one teaspoon of dried parsley, 140g cooked, peeled and chopped chestnuts, and enough beaten egg to bind together. Season to taste.



BUTTERNUT SQUASH AND CHORIZO STUFFING

Preheat the oven to 220°C/200°C fan/gas mark 7. Peel, deseed and dice a butternut squash into 1-inch cubes. Slice an onion and place on top of the butternut squash. Crush a garlic clove and sprinkle on top. Season well to taste and drizzle generously with olive oil and toss to coat. Bake for 40 minutes, then stir. Remove the casing from 120g chorizo and crumble around the vegetables. Place back into the oven for 8-10 minutes to cook the chorizo.

FROM OUR KITCHEN TO YOURS

Christmas kitchen agonies, solved! With Caroline Gray

From roast turkeys with all the trimmings to sweet desserts, there's nothing that signals this festive time more than the foods we've come to love and anticipate each year. We know that this can mean extra stress in the kitchen, so we're here to help with your most pressing Christmas cooking questions to make this the most delicious – and fuss-free – meal of the year!



Q: "Is there any way to save overcooked turkey?" – Aisling Reed

A: This is one of the toughest outcomes to avoid when it comes to turkey, but luckily there are a few tricks to help matters. One is to have a spray bottle filled with warm chicken stock and spray the turkey meat as you carve it (it might be best not to do this in front of guests!). The other option is to carve the turkey and spoon over some of the gravy ahead of time; not too much where it is overwhelming, but just enough to add some moisture and flavour to the meat.



Q: "What should I do when the gravy turns out lumpy?" – Patricia Cummings

A: This is probably happening because you're stirring flour into the mixture to thicken it up. To avoid this, first mix the flour either with some cold milk to form a paste, or with an equal portion of softened butter, before whisking it into your drippings. But if the gravy is already at lumpy level, try one of two simple solutions: either strain the gravy before serving (this shouldn't affect the thickness), or purée it in a blender until smooth.



Q: "How do you make sure your sprouts are still a little crunchy (so not cooked to a mush!)" – Hannah Blanken

A: It's important to factor in three things to achieve perfect Brussels sprouts: good timing, fat and salt. Overcooking sprouts in boiling water will result in a gooey mess of mushy, bitter-tasting sprouts, so what we do is cook them briefly in a saucepan of salted water, then halve the sprouts and toss them with a bit of butter in a hot pan on the hob or on a baking tray in the oven. Top with some salt and pepper and you'll have perfectly-cooked, flavoursome sprouts. By adding the cooked sprouts to the pan, you're guaranteed that they will have that extra bit of crispness and flavour that would be impossible to achieve from boiling alone.



Q: "Help! I didn't thaw my turkey in time; is there any way to get the turkey thawed quickly?" – Brenda Fallon

A: I've been in this situation before and I've found the best – and fastest – way to thaw a whole turkey is in cold water. Place the turkey in a basin, or the sink, and fill with cold water. Replace the water every 30 minutes until the turkey is thawed. Be sure to thoroughly disinfect the area afterward with cleaning solution.

IN THE NEXT ISSUE...

Caroline will be covering everything you need to know about RICE, so send your questions to: editorial@easyfood.ie

Shelf Stars

MR CRUMB

Made in the rural village of Finea, Co. Westmeath, Mr. Crumb Fresh Breadcrumbs are made using award winning fresh bread from a local bakery & are perfect if you want a delicious homemade stuffing, bread sauce or pudding this Christmas. Fresh breadcrumbs are a versatile ingredient and can also be used to create meatballs, burgers, chicken goujons, toppings, fish cakes, gratins and a whole host of other recipes. Look out for Mr. Crumb's new pack design and check out their recipes and competitions on www.facebook.com/mrcrumb.



LIDL

Prosecco is a fantastic drink to have in your cupboard. It is so easy to mix with a fruit juice such as Lidl's Deluxe Blood Orange & Cranberry Pressé for an instant festive cocktail. Lidl's Prosecco DOC Frizzante is just €7.99 and extremely popular for the festive season. This year, Lidl has an extensive range of premium wines with prices starting from €8.99 that will add a splash of elegance to any festive table.



LIDL

This Christmas, Lidl has carefully selected the finest range of mouth-watering Deluxe products from acclaimed Irish suppliers to make the festive season the best and tastiest yet. All the favourites have been brought back due to popular demand with the addition of a few little extras! These popular items make for a sumptuous addition to your Christmas table or even fantastic gifts for loved ones. Available in Lidl stores nationwide.



INSPIRING IDEAS!

- Cut slices of lemon and lime and open freeze on baking trays. When hard, remove from the trays and place into freezer bags. These icy citrus slices are perfect for popping into guests' drinks!



- Use melted chocolate in a piping bag to draw Christmas trees on parchment paper. Peel off when dry and use to decorate the sides of cakes.



- Fill large vases with whole oranges studded with cloves to give your whole house a Christmassy smell.



- Use a potato peeler to shave chocolate curls over desserts.



- Do you have Christmas tree- or star-shaped metal pastry cutters? Use them to make mini festive pancakes for kids one morning over the holidays.



- Use the same pastry cutters to make Christmas cookies to hang from the tree.



- Slice apples horizontally so that their cores look like little stars. Dry them on parchment paper in an oven set to its lowest setting, and string up as tree decorations. You can do the same with slices of citrus fruits for prettily-coloured tree ornaments.



FUN FOODIE FACT:

Goose was the bird traditionally eaten on Christmas Day, until around 1523 when turkey was introduced to England and King Henry VIII decided he wanted that instead.

IN THE NEXT ISSUE...

PUT A SPRING IN YOUR STEP WITH THE JANUARY/FEBRUARY ISSUE OF EASY FOOD!



GUEST EDITOR CATHERINE FULVIO!

NEW!

Celebrity guest editor in each issue

First to take the reins in 2015...

CATHERINE FULVIO

We are delighted to have Catherine as part of the Easy Food team for our Jan/Feb issue.

Proprietor of Ballyknocken Cookery School in County Wicklow, tutor, cookbook author, celebrity TV chef... and now, guest editor of

Ireland's number one food magazine – Easy Food.

Catherine will be sharing her years of experience, cooking tips, recipes and more, exclusively to Easy Food readers. Don't miss it!

NEW!
A 20-page special feature on food allergies.

This issue, we focus on Coeliac disease.

Simple recipes, expert advice and supplementing ingredients in your favourite dishes to make them coeliac friendly.

NEW!

**MORE PAGES & RECIPES...
SAME GREAT PRICE...
EVEN MORE VALUE**

**ON SALE
DECEMBER
16TH**

INSIDE...

- > Save money with our low-budget midweek meals
- > Boost your health with our superfood recipe ideas
- > Want dessert without the guilt? We've got it covered.
- > Keep tummies warm with these no-fuss hearty bakes

Easy Food *gift guide*



Looking for inspiration for Christmas gifts? Here are our picks of the best food-themed presents out there, sure to put a smile on the faces of all your favourite foodies.

Food & Drink

Never underestimate the appeal of an edible gift



- 1 The Porterhouse Collection www.thebeerclub.ie €25/£19.75 |
 2 The Gluten Free hamper www.donnybrookfair.ie €65/£51.36
 | 3 Artisan Fayre hamper www.basketsgalore.ie €67.55/£53.38
 | 4 Virginia Hayward Love From Santa Hamper www.virginiahayward.com €37.95/£29.99 | 5 Witty chocolate
 bars €3.16/£2.50 www.oakroomshop.co.uk | 6 Tabasco spicy
 chocolate www.firebox.com €6.29/£4.97 | 7 Toast and jams
 set www.lauraashely.co.uk €20.30/£16 | 8 Specialist spice kits
 (Mexican, Thai and Indian) www.firebox.com €15/£11.87

This Christmas, Lidl has carefully selected the finest range of mouth-watering Deluxe products from acclaimed Irish suppliers to make the festive season the best and tastiest yet. All the favourites have been brought back due to popular demand with the addition of a few little extras! These popular items make for a sumptuous addition to your Christmas table or even fantastic gifts for loved ones.

Available in Lidl stores nationwide.

Kitchenware

...because a happy kitchen means a happy cook



1 Handpainted Folk Art teapot oakroomshop.co.uk €31.63/£24.99 | 2 Ceramic Butter Dish Anvil Home €19.50/£15.25 | 3 OvenLove Clay Cooker www.amazon.co.uk €29.10/£22.99 | 4 Frida & Salvador egg cups www.hunkydoryhome.co.uk €22.62/£17.87 | 5 Virginia Casa Tuscan ceramic oil pourer www.ictc.co.uk €25.25/£19.95 | 6 Retro Treats three-tiered cake stand www.english-table.com €29.10/£22.99 | 7 Pizza stone set www.meadowsandbyrne.com €29.95/£23.66 | 8 Colourworks 9-piece chopping board and knife set Anvil Home €83.50/£65.97 | 9 Retro tea, coffee and sugar jars Home Focus at Hickeys €10.95/£8.65

Appliances

Gadgets and cookware for the chef in your life



1 Deluxe coffee grinder Anvil Home €32.50/£25.68

| 2 Russell Hobbs Digital Scale with stainless steel bowl Electrical retailers nationwide €29.99/£23.61 | 3 Campervan toaster
www.thegiftoasis.com €54.31/£42.99 | 4 Braun juicer www.braunhousehold.ie €179.99/£142.17 | 5 NESCAFÉ Dolce Gusto Oblo by
Krups coffee capsule machine www.amazon.co.uk €50.63/£39.99 | 6 GEFU Spiralfix Brown Thomas €50.57/£39.95 | 7 Judge
Frofru www.captaincook.co.uk €79.13/£62.50 | 8 Tefal OptiGrill Harvey Norman €149.99/£118.47

Kids' gifts

Fun toys for the budding cook



1 Cake or ice cream cups Pavilion Garden Centre, Cork €3.95/£3.12 | 2 Hello Kitty Magic Oven www.littlewoodsireland.com €37/£29.23
 | 3 Ice cream van with traditional sweets www.oakroomshop.co.uk €11.38/£8.99 | 4 Soft Shell Ice Cream Ball www.firebox.com
 €37.89/£29.77 | 5 Sylvanian Families Seaside Restaurant www.littlewoodsireland.com €16.39/£12.93 | 6 Imaginarium Grand Chef
 Chup-Chup kitchen with sounds, www.imaginarium.ie €49.95/£39.45 | 7 Frozen mug Heaton's stores nationwide €5/£3.95 | 8 Tin Tea
 Set in carry case www.oakroomshop.co.uk €20.24/£15.99 | 9 Small Wonders Mini Chef's Kitchen www.littlewoodsireland.com €20/£15.80

Goodie gifts

Quirky gifts for those who break the mould



-
- 1 Heat 'n' Eat Popcorn Maker €25.32/£20 www.justmustard.com | 2 Legless wine opener www.designist.ie €12.50/£9.87 | 3 Octopus tea infuser €10.13/£8 www.justmustard.com | 4 Bar10der 10-in-1 bar tool www.thepodcompany.co.uk €38.13/£30.12 | 5 Old School milk bottles and crate www.oakroomshop.co.uk €22.78/£17.99 | 6 Robot nutcracker www.designist.ie €20/£15.80 | 7 Double Lined Pug Mug Penneys stores nationwide €3/£2.37 | 8 Instant Regret grow-your-own-chilli kit www.firebox.com €16.39/£12.95



1 On The Piste wine cooler jacket Anvil home €17.75/£14.02 | 2 Old School tablet stand and stylus, www.thepodcompany.co.uk €18.99/£15 | 3 Max Benjamin Tea for Two Candle Set www.kilkennyshop.com €29.95/£23.66 | 4 The Artisan Gin Maker's Kit www.firebox.com €74.79/£59.07 | 5 Chocolate melting pot Heaton's stores nationwide €15/£11.85 | 6 Wine pairing tea towels www.hunkydoryhome.com €12.55/£9.91 | 7 Star Wars ceramic cookie jar www.gifts.ie €40.95/£32.35 | 8 Moby Pick party toothpick holder www.maidenshop.com €15.82/£12.50 | 9 Cottage Flower preserve starter set box www.english-table.com €26.99/£21.32

Cookbooks

Recommended reads for your favourite home cook



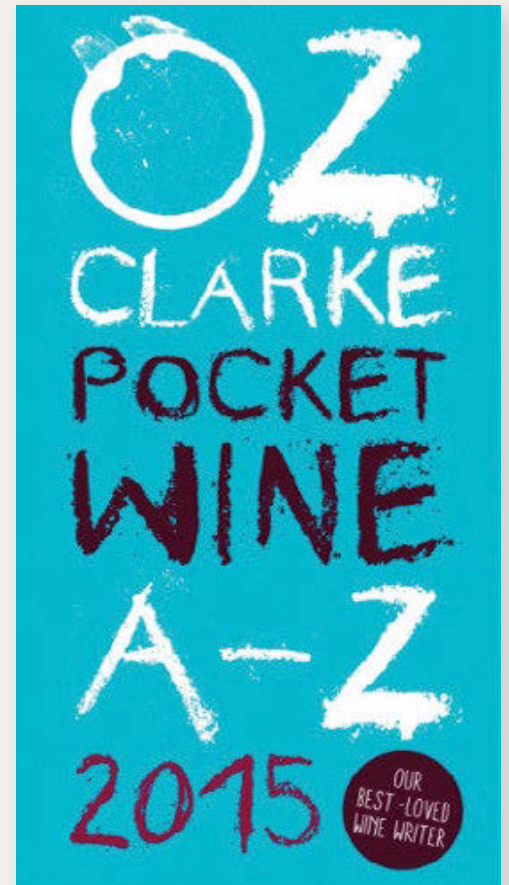
Bake Like An Italian

Catherine Fulvio
Gill & Macmillan
€18.39/£14.53



The Happy Pear Cookbook

David & Stephen Flynn
Penguin Ireland
€19.99/£15.79



Oz Clarke Pocket Wine

Oz Clarke Pavilion Books
€12.65/£9.99



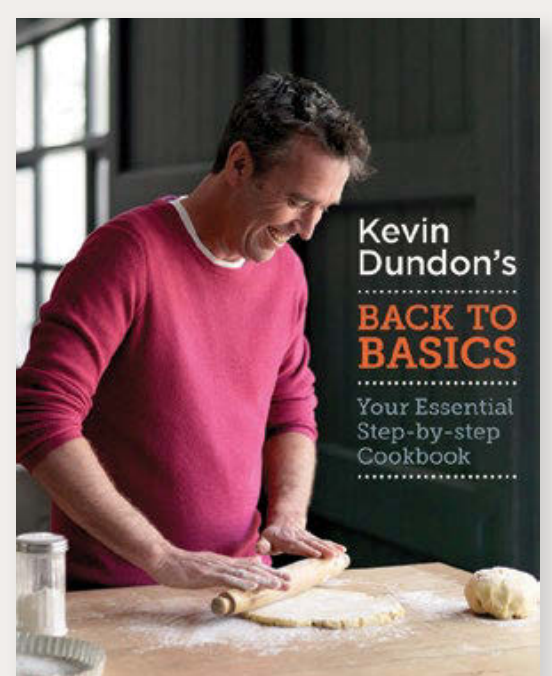
All Things Sweet

Rachel Allen
Harper Collins
€19.75/£25



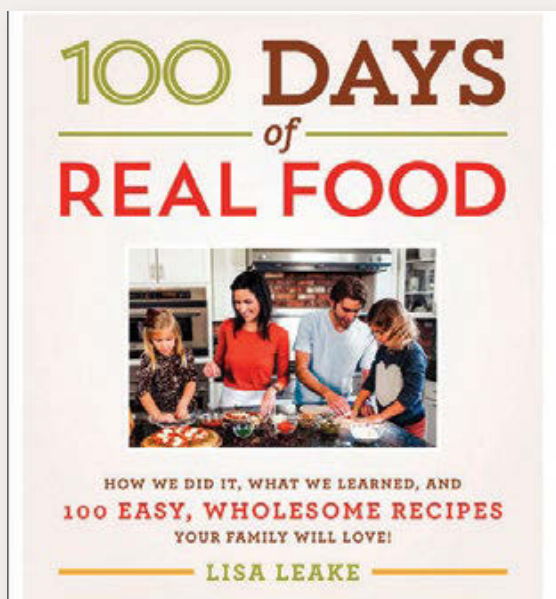
The Nation's Favourite Food Fast!

Neven Maguire
Gill & Macmillan
€18.39/£14.53



Back to Basics

Kevin Dundon
Octopus Publishing Group
€25.25/£20

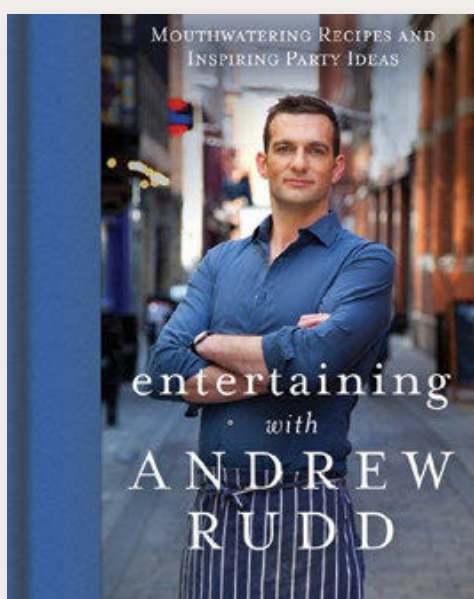


100 Days of Real Food

Lisa Leake

William Morrow

€25.32/€20

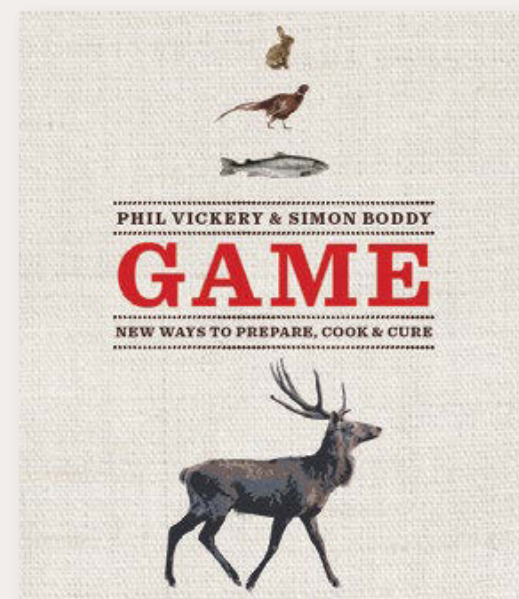


Entertaining

Andrew Rudd

Kazoo Independent Publishing Services

€24.99/€19.74

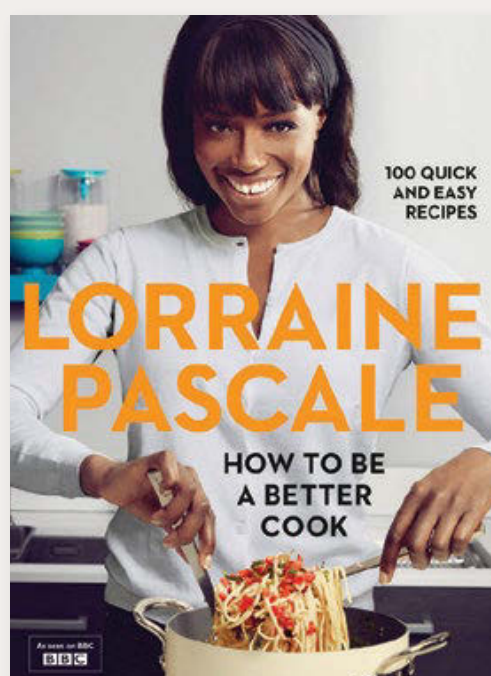


Game

Phil Vickery & Simon Boddy

Kyle Books

€25.31/€19.99



How to be a Better Cook

Lorraine Pascale

Harper Collins

€31.65/€25

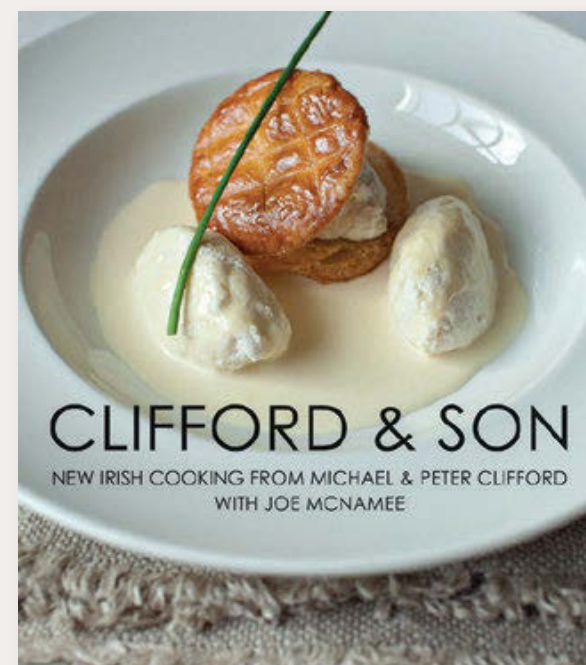


Slainte

Caroline Hennessy & Kristin Jensen

New Island

€19.99/€15.79



Clifford & Son

Peter Clifford with Joe McNamee

Liberties Press

€29.99/€23.69

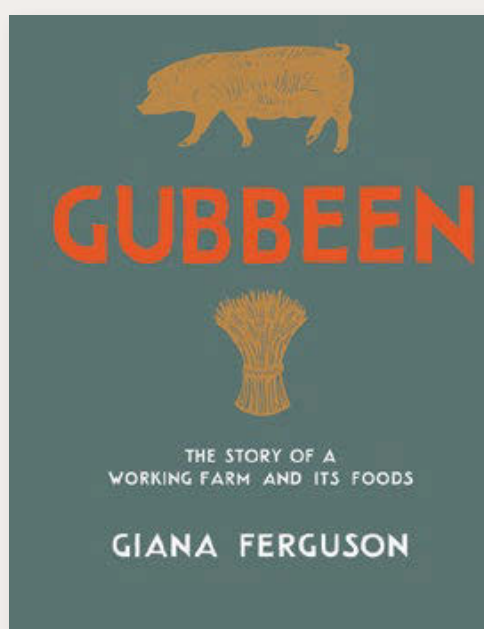


Fresh Spice

Arun Kapil

Pavilion Books

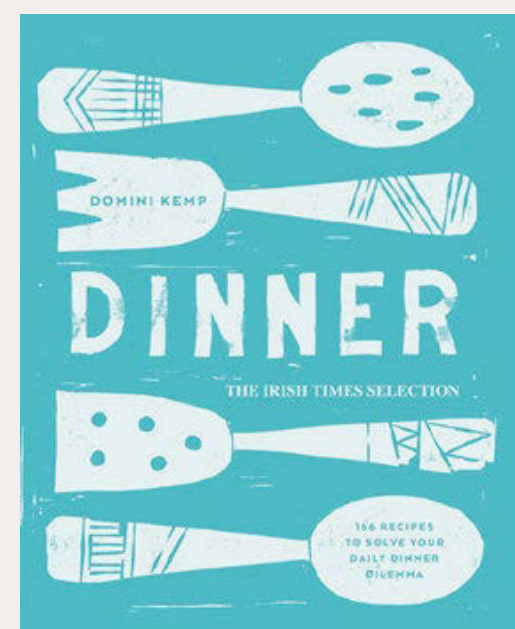
€19.75/€25



Gubbeen

Kyle Books

€19.75/€25



Dinner

Domini Kemp Gill & Macmillan

€19.99/€15.79

Gift Vouchers

Ideas for some of Ireland's best cookery courses

BALLYKNOCKEN COOKERY SCHOOL

Situated in the heart of County Wicklow, Ballyknocken House is home to food writer and TV chef Catherine Fulvio. The Cookery School, located at Ballyknocken, plays host to a wide range of cooking classes. Catherine is highly acclaimed for her hands on, no-fuss style of cookery, using the freshest ingredients possible. From baking to one-pot wonders and seafood to seven-day meal plans. There truly is something for everyone.
www.thecookeryschool.ie



COOKS ACADEMY

Celebrating 10 years at the forefront of culinary tuition in Ireland, Cooks Academy, in Dublin's South William Street, hosts over 70 different short courses. The cookery school runs 12 and four-week professional training programmes, as well as hosting corporate groups and WSET accredited Wine Courses.
www.cooksacademy.com



DINGLE COOKERY SCHOOL

Based in the beautifully scenic Dingle Peninsula, the Dingle Cookery School is home to some of the best raw ingredients in the land, including fresh fish and shellfish straight from the sea, green pastures full of wild flowers and herbs where sheep, cattle and deer are reared, plentiful creamy cheeses, seaweeds and wild flowers. Classes include warm breads and patisserie, butchery, seafood and much more, with all ranges of expertise catered for.
www.dinglecookeryschool.ie



KINSALE GOURMET ACADEMY

The brand new Kinsale Gourmet Academy is a unique cookery school that will offer people the opportunity to come and learn how to cook like a pro in a positive, creative and stress free environment set in the gourmet capital of Ireland. The ethos is to keep everything simple and elegant, focus on using locally sourced ingredients and train people in a relaxed setting.
www.kinsalegourmetacademy.com



ANIAR BOUTIQUE COOKERY SCHOOL

At Aniar Boutique Cookery School, classes are led by owner JP McMahon, a chef and restaurateur with many years teaching experience. Aniar is the award-winning, Michelin star restaurant, located in Galway city. Courses range from a day-long workshop focusing on How to be a Better Cook, to the six-week course in Understanding Food, with a special focus on using the whole animal.
www.aniarrestaurant.ie



PICADO MEXICAN PANTRY

Picado Mexican Pantry is inspired by the ancient Mexican folk art of papel picado, a beautiful, handmade, colourful paper decoration used during all Mexican celebrations and fiestas. Located on South Richmond Street, Dublin 2, they have everything you need for an authentic Mexican feast, plus lots of great cookery classes and workshops on how to prepare one too, with Lily-Ramirez-Foran [AMexicanCook.ie].
www.picadomexican.com





Give yourself a Pigsback break



competitions

POSTAL ENTRIES
We do accept postal entries to our competitions, just follow the relevant instructions on how to enter for each competition and post your entry to:
Easy Food, 1st Floor, Zoe House, Church Road, Greystones, Co. Wicklow.
Don't forget to indicate which competition it is for and to include all your contact details.

WIN DINNER FOR FOUR PEOPLE!

With Parisian and New York influences, Balfes is a new all-day dining brasserie and uptown bar in the heart of Dublin 2. Located on Balfe Street, where Grafton Street and the Creative Quarter meet, it features a 20 seater outdoor terrace, a zinc-covered bar and an open kitchen.

The menu offers healthy breakfasts, leisurely lunches, the best of Irish seafood and quality meat, with all produce sourced by executive chef, Cathal Dunne. Strong on Irish artisan ingredients including farmhouse cheese and house smoked salt, they also have their own coffee blend, pastries, muffins and cakes, preserves and chutneys. Balfes caters for specific dietary requirements and offers gluten-free, dairy-free and vegan choices.



To celebrate the opening, we are giving away dinner for four people with wine. To enter, simply email the answer to the following question with your contact details to competitions@easyfood.ie with Balfes in the subject line.

Q: Balfes is a new all-day dining brasserie and uptown bar in the heart of Dublin 2. True or False?

www.balfes.ie / Find BalfesDublin on Facebook, Twitter or Instagram

BALFES

WIN A SUBSCRIPTION TO AN EXCLUSIVE COFFEE CLUB

Take a journey with the **Bewley's Coffee Project** and explore some of the finest coffees from around the world. Every month, Bewley's master roaster will select exceptional and unique coffees and hand-roast them to perfection, just before delivering them straight to your door. In each delivery you'll find everything you need to help you understand the wonderful world of coffee, from different origins to brew methods. #gosomewherenew

To be in with a chance of winning a year's subscription to this amazing coffee club, simply email your contact details to competitions@easyfood.ie with BEWLEYS in the subject line.



GIVE THE GIFT OF CHOCOLATE!



Christmas is synonymous with gifting and luxurious treats, so what better way to mark the festive season than with a unique present from **Lily O'Brien's**. To start spreading Christmas cheer, Lily O'Brien's would like to offer one lucky Easy Food reader a beautiful festive hamper!

Spoil yourself and loved ones with some of the best-loved recipes, including the scrumptious Ultimate Chocolate Collection gift boxes (€10.00 for box of 16, €15.00 for box of 30), which feature mouth-watering bites of le crunch chocolat, lemon meringue pie, and many more favourites. This hamper will also include stocking fillers such as the Creamy Caramels Red Pouch (€3.99) and Lily O'Brien's Chocolate Truffles Cracker (€8.00). Along with these is the Lily O'Brien's Christmas Advent Calendar House (€25.00). Cure your chocolate craving each day in December and once the chocolates are finished, the beautifully presented advent house can be used as a decoration year after year!

Find Lily O'Brien's on Facebook: www.facebook.com/LilyOBriens or Twitter: @lilyobriens

To enter, email the answer to the following question with your contact details to competitions@easyfood.ie with LILY O BRIENS in the subject line.

Q: LILY O' BRIEN'S CREATES WHAT DELICIOUS TREAT?

WIN A KEOGH'S HAMPER!

Keogh's Crisps, Ireland's much-loved range of hand-cooked crisps is celebrating the launch of the exciting arrival of their new Farm Favourites Multipack. A welcomed edition to the Keogh's popular crisp range, each multipack contains six packets of Keogh's farm favourite gluten-free crisps: 2 x Dubliner Cheese & Onion, 2 x Atlantic Sea Salt & Irish Cider Vinegar and 2 x Roast Beef & Irish Stout, meaning you can now enjoy more of their delicious flavours at home or on the go.

Over the years, Keogh's have worked with several carefully selected Irish food producers to create distinct, but uniquely Irish flavours for their award-winning crisps. Now, Keogh's Multipack brings together three of their fans most popular flavours in one pack – the only difficult part is choosing what flavour to enjoy first!

To celebrate the exciting arrival of the gluten-free multipack, Keogh's Farm are offering **THREE LUCKY READERS** the chance to WIN A KEOGH'S MULTIPACK CRISP HAMPER and a pair of tickets to see your chosen movie at selected Odeon cinemas nationwide.

The new multipacks are now available in SuperValu snack aisles across the country.
RRP €3.69



TO ENTER: Email your contact details to competitions@easyfood.ie with KEOGHS in the subject line.



KEOGHSFARM



@KEOGHSFARM

WWW.KEOGHS.IE

WIN A FULL CASE OF CHAMPAGNE DEUTZ!

Easy Food and Febvre Wines have teamed together to give away an amazing prize of a case (6 bottles) of Champagne Deutz Brut Classic NV presented in a specially designed Deutz wooden case.

Champagne Deutz was founded in 1838 in Ay one of Champagne's historic and most renowned terroirs. During the Second French Empire, Deutz took its place amongst the great Champagne producers, becoming one of the founding members of the Syndicat des Grandes Marques (an association of major brands) in 1882.

Champagne lovers will appreciate the elegant style of Champagne Deutz. The intense golden appearance of Champagne Deutz Brut Classic is topped with a mousse of great finesse – the Deutz signature – characteristic of wines having benefitted from long maturation. It is a fine multi-vintage Champagne and the key to its distinctive style lies in only using top quality vines and the final balance is achieved using the three principal grape varieties of Champagne: Pinot Noir, Pinot Meunier and Chardonnay.

To enter, email the answer to the following question with your contact details to competitions@easyfood.ie with CHAMPAGNE in the subject line.

Q: Name the grapes used in Champagne Deutz Brut Classic NV?



FIVE CHEESEBOARD HAMPERS TO BE WON!

This Christmas, as part of the EU co-financed Discover Farmhouse Cheese campaign, Bord Bia is encouraging cheese lovers to celebrate Christmas with the perfect farmhouse cheese board. Whether it's creating your own cheese board for some home entertaining, or bringing it as a gift when visiting friends, the cheese board is the perfect Christmas accompaniment!

For more information on how to create a Christmas cheese board, tips and recipes, please visit: www.DiscoverFarmhouseCheese.ie, Facebook or on Twitter @Cheese_IE.

We have five farmhouse cheese hampers to give away, courtesy of the Discover Farmhouse Cheese. Simply answer the following question and email us with your contact details to competitions@easyfood.ie with CHEESE in the subject line.

Q: CHEESE CAN BE MADE FROM THE MILK OF A GOAT. TRUE OR FALSE?



WIN 4 CHRISTMAS FOOD HAMPERS! ❄️

Castlemine Farm, Co. Roscommon, produce and source the finest meats (beef, lamb, pork and poultry) that the west of Ireland has to offer.

The Friendly Farmer, Co. Galway, specialises in pasture poultry (chicken, turkey, geese and duck) farming in Athenry.

Kinvara Smoked Salmon, Co. Galway, is a renowned supplier of premium organic smoked salmon from Kinvara.

These three food producers have a shared philosophy on producing great food and how they are brought to your table. The philosophy that brought these great brands together is based on simple, natural practices being brought back to life to create food that "tastes like food use to taste" feeling.

Boxed deliveries for Christmas will be available in Dublin (22nd-23rd), Galway (22nd-23rd) and Roscommon (22nd-24th) with drop-off centres or home delivery options available.

www.castleminefarm.ie

www.kinvarasmokedsalmon.com

thefriendlyfarmer.blogspot.com

They have joined forces to bring you a whole Christmas package of speciality dry cured hams, dry aged angus beef, handmade sausages and much more from Castlemine Farm; pasture-reared bronze turkeys or geese from The Friendly Farmer; and award-winning organic Smoked Salmon from Kinvara Smoked Salmon. Everything you need from your Christmas Eve smoked salmon canapés, to Christmas morning sausages, rashers and pudding, through to ham and turkey for your Christmas Day dinner.

We are delighted to giveaway four hampers worth €100 each to easily feed a family of four, with leftovers of course! The hamper consists of half a side of Kinvara Smoked Salmon, Castlemine Farm specialty dry cured ham (approx 5-6 lb) and a Friendly Farmer pasture-reared bronze Turkey (approx 10 lb).

TO ENTER, EMAIL YOUR CONTACT DETAILS TO [COMPETITIONS@EASYFOOD.IE](mailto:competitions@easyfood.ie) WITH CHRISTMAS PACKAGE IN THE SUBJECT LINE.



WIN A TEFAL INGENIO GRILL WORTH OVER €300! ❄️

Tefal, the inventor of non-stick cookware back in 1954, is once again changing the way we look at cookware with the innovative Ingenio collection. With over 20 million users worldwide, the Tefal Ingenio collection features high quality cookware with detachable handles and a huge range of accessories - bringing a whole new take on versatility and ease of use.

The Tefal Ingenio collection features high quality cookware with detachable handles and a huge range of accessories - bringing a whole new take on versatility and ease of use. The Ingenio concept is built around ingenious handles that attach and detach with just one click, allowing you to not only save space when cooking or storing them in the cupboard, but to really maximise the use of your cookware through versatility. It allows you to transfer your cooking from the hob to the oven and then direct to the table - all in the same dish. The Ingenio range fits easily into the oven and is not restricted by oven temperatures, so each item doubles as an oven dish.

Tefal Ingenio 13 piece induction set is priced at €304.99. Available from Arnotts Department Store, Henry Street, Dublin 1.



To be in with a chance of winning this amazing prize, answer the following question and email us with your contact details to competitions@easyfood.ie with TEFAL in the subject line.

Q: WHAT YEAR DID TEFAL INVENT NON-STICK COOKWARE?

100% NATURAL



NEW

DAIRYMAID

We only use fresh
West Cork cream
from grass fed, free
roaming *happy* cows.

Happy Cow!



WIN A FAMILY BREAK IN WEST CORK WITH DAIRYMAID!

Dairymaid is a new, completely natural, 100% Irish dairy spread. Made in Cork using the finest West Cork cream from free-roaming, grass-fed happy cows!

West Cork's temperate climate provides a lush, grassy landscape, which means our cows are fed the best grass and consume an extremely natural diet all year round.

The pristine and natural landscape gives cattle access to an abundance of wildflowers and herbs that gives their milk a unique flavour. We use only 100% WEST CORK CREAM in all our dairy spreads bringing a taste of one of Ireland's most spectacular regions to your table.

To celebrate the launch of the Dairymaid Range, we are offering ONE LUCKY EASY FOOD READER the chance to WIN A FAMILY BREAK* in the WESTLODGE HOTEL in Bantry, West Cork. The Westlodge Hotel is set in the heart of scenic Bantry Bay. A beautiful family hotel with full leisure facilities, including heated indoor pool, tennis, squash, kids clubs and lots more.

GOOD LUCK!

**This prize is for a family of four people.*



TO ENTER THIS AMAZING
COMPETITION!

Make sure you are a fan

f Dairymaid
t @dairymaid_ie

And email your contact details to:
info@dairymaid.ie with
DAIRYMAID
in the subject line.

Dairymaid... A Taste of West Cork. Pure. Simple. Natural www.dairymaid.ie

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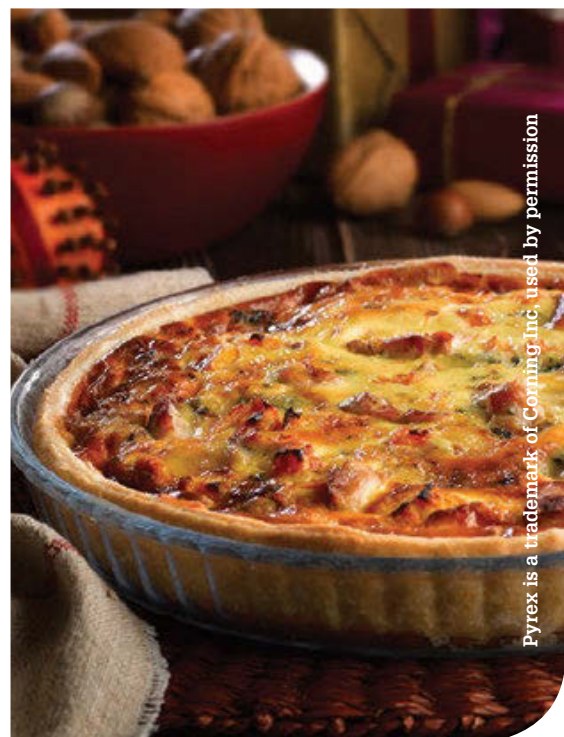
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